



BARRHAVEN
CHILD CARE CENTRE

MENU PLANNING	WEEK 1				
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MID-MORNING SNACK					
	-Fruit Smoothies -crackers -Water	-Waffles -Fruit -Milk	-Cereal -Milk	-Toast with Jam -Fruit -Milk	-Fruit Cocktail -Crackers -Water
LUNCH					
MEAT OR ALTERNATIVE	-Vegetarian Chili	-Chicken Alfredo	-Pinwheel Sandwiches Turkey & Cheese	-Pizza	- Shepherds Pie
VEGETABLES	-Mixed Veggies	-Peas	-Carrots and Cucumbers	-Pickles	-Corn
BREAD OR CEREAL	-Rice	- Pasta	-Tortilla Wraps	- Naan Bread	- Mashed Potatoes
MILK OR MILK PRODUCTS	-Milk	-Milk -Cheese	-Milk -Cheese	-Milk -Cheese	-Milk
FRUIT	-Seasonal Fruit	-Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
AFTERNOON SNACK					
	-Teddy Grahams -Fruit - Water	-Pretzels -Fruit -Water	- Homemade Banana bread -Fruit -Water	-Nutrigrain Bars -Fruit -Water	-Rice Cakes -Fruit -Water



MENU PLANNING	WEEK 2				
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MID-MORNING SNACK					
	-Cinnamon Toast -Fruit -Milk	-Cereal -Milk	-Bagels with Cream Cheese -Fruit -Milk	-Cereal -Milk	-Yogurt and Berries -Water
LUNCH					
MEAT OR ALTERNATIVE	Chicken Noodle Soup	-Vegetarian Pasta	-White Fish and Rice	-Beef Quesadillas	-Mac and Cheese
VEGETABLES	- Mixed Vegetables	- Peas	-Green and Yellow Beans	- Cucumbers, Carrots and Salsa	-Corn
BREAD OR CEREAL	-Crackers	-Pasta	-Rice	- Tortillas	Pasta
MILK OR MILK PRODUCTS	-Milk	-Milk -Cheese	-Milk	-Milk	-Milk -Cheese
FRUIT	-Seasonal Fruit	-Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
AFTERNOON SNACK					
	-Homemade Cookies -Fruit -Water	-Goldfish Crackers -Fruit -Water	-Yogurt -Graham Crackers -Water	-Fruit cocktail -Crackers -Water	-Rainbow Sorbet -Cookies/Crackers -Milk



MENU PLANNING	WEEK 3				
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MID MORNING SNACK					
	-Fruit Smoothies -Crackers -Water	-Cinnamon Toast -Fruit - Milk	-Pancakes -Fruit -Milk	-Cheerios -Milk	-English Muffins with Cream Cheese -Fruit -Milk
LUNCH					
MEAT OR ALTERNATIVE	-Chicken Stir fry	-Meatloaf	-Chicken nuggets	-Pizza	- Turkey or Chicken sandwiches
VEGETABLES	-Broccoli, Cauliflower and Carrots	-Potatoes - Steamed Peas	-Corn	-Cucumbers and Carrots	-Pickles
BREAD OR CEREAL	-Rice	-Potatoes	-Pasta	-Naan Bread	Whole Wheat Bread
MILK OR MILK PRODUCTS	-Milk	-Milk	-Milk -Mozzarella Cheese	-Milk -Cheese Blend	-Milk -Cheese slices
FRUIT	-Seasonal Fruit	-Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
AFTERNOON SNACK					
	-Animal Crackers -Fruit -Water	-Applesauce -Arrowroot Cookies - Water	-Cheese & Crackers -Fruit -Water	-Rice Cakes -Fruit -Milk, Water	-Homemade Banana Bread -Fruit -Water



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MENU PLANNING	WEEK 4				
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MID MORNING SNACK					
	-Fruit Cocktail -Mini Croissants -Milk	-Cereal -Milk	-Bagel and Cream Cheese -Fruit -Milk	-Cereal -Milk	-Oatmeal Muffins -Fruit -Milk
LUNCH					
MEAT OR ALTERNATIVE	-Spaghetti and Meatballs	- BBQ Chicken	- Roasted ham	-Vegetarian Pasta	- Chicken noodle soup
VEGETABLES	-Steamed Broccoli and Cauliflower	-Corn	-Peas -Potatoes	-Carrots	-Mixed veggies
BREAD OR CEREAL	-Pasta	-Rice	- Potatoes	-Pasta	-Pasta
MILK OR MILK PRODUCTS	-Milk	-Milk	-Milk	-Milk	-Milk -Cheese
FRUIT	-Seasonal Fruit	-Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
AFTERNOON SNACK					
	-Graham Crackers with Cream Cheese -Fruit -Water	-Goldfish Crackers -Cucumber -Water	-Nutrigrain Bars -Fruit -Water	-Rice Cakes -Fruit -Water	-Yogurt and Animal Cookies -Water