

GRAND AVENUE CHILDREN'S CENTRE

MENU# 4

WEEKLY MENU # MEAL OR SNACK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		multigrain cereal Mango milk	Yogurt berries milk	Strawberries Bran muffin milk	Pea butter on WW toast Applesauce milk	Frittata pineapple milk
RAW	VEGGIE	radish	cucumber	carrots	peppers	tomatoes
LUNCH	MAIN & SIDES	Spaghetti Caesar salad Steamed broccoli Garlic toast Peaches milk	Tuna patties Grilled cheese Roasted sweet potatoes Melon milk	Vegetable lasagna Coleslaw Biscuit Oranges milk	Ham Mashed potatoes Peas and carrots Ww bread Pears milk	Chicken and rice casserole Green beans Garden salad Ww bun milk
PM SNACK		Cinnamon crunch snack mix water	Grapes Melba toast water	Crackers Hummus water	Fruit salad water	Banana muffin water

NOTE: WATER SERVED AT ALL MEALS AND SNACKS

DAILY MENU FOOD GROUPS TOTALS

RECOMMENDED # OF SERVINGS
3-4 VEGETABLES & FRUIT
2-3 GRAIN PRODUCTS
1-2 MILK & ALTERNATIVES
¾-1 MEAT & ALTERNATIVES

