

Grand Avenue Children's Centre

Menu # 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Multigrain Cereal, Milk	Yogurt muffins with blueberries, Milk	Oatmeal squares, Mango Milk	WW Toast, Banana, Milk	strawberries, Hard boiled Egg Milk
Raw Veg with lunch	Peppers	Cucumbers	Tomatoes	Zucchini	Carrot Slices
Lunch	Breaded Fish, Coleslaw, Green Beans, Oranges, Milk	Black bean meatballs, Roasted Potatoes Peas and Carrots Peaches Milk	Butternut Squash Frittata Tomato and Cucumber Salad, Pineapple, Milk	Spaghetti with tomato sauce WW Noodles Caeser salad Mixed berries, Milk	Hawaiian Chicken WW Rice, Corn Pineapple Milk
Pm Snack	Hummus on melba toast with Apples Slice Water	Grapes, crackers, Water	Protein balls made with wow butter, Water	Apple slices with cinnamon Water	Sliced Fruit water

Note: Water Served at all meals and snacks

Daily Menu Food Groups Totals

Recommended # of Servings
3-4 Vegetables & Fruits
2-3 Grain Products
1-2 Milk & Alternatives
¼-1 Meat & Alternatives