

GRAND AVENUE CHILDREN'S CENTRE

MENU# 2

WEEKLY MENU # MEAL OR SNACK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		multigrain cereal Peaches milk	Berry Brunch bake milk	WW toast strawberries milk	Banana Muffins milk	Blueberries Yogurt bark milk
RAW	VEGGIE	cucumber	carrot	tomato	broccoli	peppers
LUNCH	MAIN & SIDES	Mac and Squeese (Cheese pasta w squash) Broccoli Applesauce Ww bread milk	Baked cabbage roll skillet With brown rice WW bread Orange milk	Quiche-ham and cheese Garden salad Pineapple milk	Shephard's pie With Peas and carrots Caesar salad milk	Baked white fish Fried spaghetti Corn Ww bun milk
PM SNACK		Crackers Pea butter water	Hummus Melba toast water	Cinnamon Crunch snack mix water	Apple/ raisin salad Bagel wedge water	Salsa and Corn tortilla chips 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

