

Grand Avenue Children's Centre

Menu # 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Multigrain Cereal, Blueberries, Milk	Melba toast with Cream Cheese, Mango, Milk	Cheese cubes Pear slices milk	Yogurt, Granola Milk	Apple Sauce, Scones, Milk
Raw Veg with lunch	Zucchini	Peppers	Cucumber	Carrot	Tomatoes
Lunch	Vegan Minestrone Soup, Grilled Cheese Mixed berries Milk	Turkey Vegetable Casserole, Brown Rice Peas and carrots, Milk	Ham and broccoli Pizza on English muffins, Carrot Salad, Oranges, Milk	Fish, Roasted Sweet Potatoes Green Beans, Biscuit Milk	Turkey Tacos (Lettuce, cheese, tomato) Corn shells Salsa Caprese salad, Milk
Pm Snack	Carrot Muffin, Water	Veggies and Dip, Crackers, Water	Bagel wedges, Water	Apple slices with Cinnamon Raisins, Water	Peaches, Melba toast 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
¾-1 Meat & Alternatives

