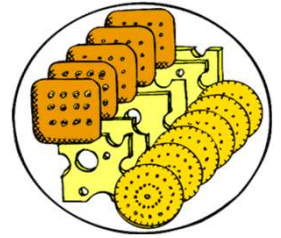




Halton Hills Child Care Centre

Menu

Week # 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Snack	Multi-Grain Cheerios Fresh Fruit Milk	Blueberry Waffles with Syrup Fresh Fruit Milk	Toasted English Muffin with Jam Fresh Fruit Milk	Yogurt Fresh Fruit Milk	Homemade Porridge with Raisins & Brown Sugar Fresh Fruit Milk
Lunch	Tuna, Rice and Broccoli Casserole Peas and Carrots Fresh Fruit Milk	Minestrone Soup Crackers Cheese Sandwich Turkey Sandwich Fresh Fruit Milk	Chicken Pasta California Mixed Vegetables Fresh Fruit Milk	Whole Wheat Dinner Roll Beef Chili Rice Fresh Fruit Milk	Macaroni and Cheese Tossed Salad Fresh Fruit Milk
Afternoon Snack	Humus with Mini Pitas Fresh Fruit Water	Cheddar Cheese with Wheat Thins Fresh Fruit Water	Naan Bread with Dip Fresh Fruit Water	Ham Roll-Ups Fresh Fruit Water	Trail Mix (cereals, dried fruit, goldfish crackers) Fresh Fruit Water



Halton Hills Child Care Centre

Menu Week # 2

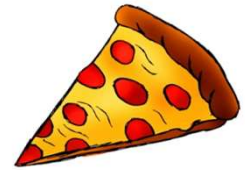


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Snack	Multi-Grain Cheerios Fresh Fruit Milk	Pancakes with Syrup Fresh Fruit Milk	Toasted Bagel with Butter Fresh Fruit Milk	Yogurt Fresh Fruit Milk	Toasted Raisin Bread with Butter Fresh Fruit Milk
Lunch	Fish Sticks Rice Tossed Salad Fresh Fruit Milk	BBQ Meatballs Rice Corn Fresh Fruit Milk	Potato and Carrot Soup Crackers Whole Wheat Dinner Roll with Ham & Cheese Fresh Fruit Milk	Chicken Alfredo Green Beans Fresh Fruit Milk	Sloppy Joes on a Hamburger Bun Tossed Salad Fresh Fruit Milk
Afternoon Snack	Graham Crackers with Cream Cheese Fresh Fruit Water	Veggies & Dip with Breton Crackers Fresh Fruit Water	Nachos with Salsa Fresh Fruit Water	Turkey Sandwich Fresh Fruit Water	Croissants with Jam Fresh Fruit Water

Halton Hills Child Care Centre

Menu

Week # 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Snack	Multi-Grain Cheerios Fresh Fruit Milk	Waffles with Syrup Fresh Fruit Milk	Croissants with Jam Fresh Fruit Milk	Yogurt Fresh Fruit Milk	Homemade Porridge with Raisins & Brown Sugar Fresh Fruit Milk
Lunch	Spaghetti and Meatballs Caesar Salad Fresh Fruit Milk	Chicken Noodle Soup Crackers Tuna Sandwich Cheese Sandwich Fresh Fruit Milk	Beef Noodle Goulash Mixed Vegetables Fresh Fruit Milk	Potato, Leek and Ham Soup Crackers Whole Wheat Dinner Roll with Cheese Fresh Fruit Milk	Macaroni & Cheese California Mixed Vegetables Fresh Fruit Milk
Afternoon Snack	Marble Cheese and Ritz Crackers Fresh Fruit Water	Graham Crackers with Strawberry Cream Cheese Fresh Fruit Water	Spinach Dip with Naan Bread Fresh Fruit Water	Turkey Sandwich Fresh Fruit Water	Trail Mix (cereals, dried fruit, goldfish crackers) Fresh Fruit Water

Halton Hills Child Care Centre

Menu

Week # 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Snack	Multi-Grain Cheerios	Pancakes with Syrup	Toast with Butter & Jam	Yogurt	Toasted Bagels with Cream Cheese
	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk	Fresh Fruit Milk
Lunch	Chicken Nuggets	Vegetable Aphabet Soup	Tuna Melts	Chicken Barley Soup	Carrots and Cucumbers
	Rice	Turkey and Cheese Sandwich	Caesar Salad	Crackers	Cheese and Pepperoni Pizza
	Tossed Salad			Whole Wheat Dinner Roll with Cheese	Caesar Salad
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Ice Cream on a Cone
	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Bagels with Cream Cheese	Veggies & Humus with Penguin Crackers	Graham Crackers with Apple butter	Ham Roll-ups	Nachos with Salsa
	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water