

Week 1

MENU PLAN

MEAL PATTERN	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
MORNING SNACK	yogurt in a variety of flavours	bagel & cream cheese	yogurt in a variety of flavours	muffin & milk	yogurt in a variety of flavours
LUNCH	served with warm 2% milk	served with warm 2% milk	served with warm 2% milk	served with warm 2% milk	served with warm 2% milk
Fruits and Vegetables	cucumbers	steamed broccoli	(carrots & celery)	steamed mixed vegetables	cucumbers
Whole Grain Foods (whole wheat pasta bread, quinoa)	cheese sandwich on brown bread	macaroni & cheese	chicken soup with carrots & celery served with crackers	steamed brown rice	turkey sandwich on brown bread
Protein (chicken, tuna, lentils, cheese, beans, eggs, milk)	chicken breast	meatballs	(chicken)	white flaked tuna	(turkey)
AFTERNOON SNACK	sliced apples & cheese	apple sauce & granola bar	Banana & pancake	chocolate pudding & sliced pear	cereal & milk

*Always ensure that children have been introduced to new foods such as eggs, peanut butter, etc., at home (5 times) before serving in your daycare.