

# MENU

Prospect Bay Children's Centre

**WEEK: 1**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM S N A C K</b>	<b>2 FOOD GROUPS</b>	English Muffin	Fruit Salad	Oranges	Bananas	Apple-sauce
		Apple slices	WW crackers	WW Biscuits	Cheerios	Toast
	<b>Lunch Item</b>	Pizza	Spaghetti	Sandwiches	Chicken Stir Fry	Subs & Soup
<b>L U N C H</b>	<b>GRAIN PRODUCTS</b>	Bread	Pasta	Bread	Rice	WW Sub Buns
	<b>VEGETABLE &amp; FRUIT</b>	Cucumber Peppers Broccoli Carrots	Salad Melon Veggies	Salad Fruit Veggies	Carrots, Broccoli Celery Cauliflower	Lettuce Tomatoes Peppers
	<b>MILK &amp; ALTERNATIVES</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt Cheese</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Cheese Yogurt</b>
	<b>MEAT &amp; ALTERNATIVES</b>	Lentil Tomato Sauce	Ground Soy	Tuna Chicken Turkey	Chicken	Sliced Chicken & Turkey
<b>PM S N A C K</b>	<b>2 FOOD GROUPS</b>	Oatmeal cookies	Zucchini Bread	Crackers	Nachos & Salsa	Pita & Hummus
		Apples	Bananas	Veggies & Dip	Cheese Melon	Apples

- Veggies / dip and yogurt/fruit are served with every lunch

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**WEEK: 2**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM S N A C K</b>	<b>2 FOOD GROUPS</b>	Blueberries Seasonal Fruit	Granola  Yogurt	Apple Muffins  Cheese	Toast  Bananas	Bagels  Cheese
		Pancakes				
	<b>Lunch Item</b>	Rice & Lentil Loaf	Pizza	Soft Tacos	Grilled Turkey & Cheese	Lasagna
<b>L U N C H</b>	<b>GRAIN PRODUCTS</b>	Bread	Eng Muffin Or Pita	Taco Shells	Bread	Pasta
	<b>VEGETABLE &amp; FRUIT</b>	Salad  Fruit	Melon Pineapple Peppers Tomatoes	Lettuce Peppers Tomatoes Berries	Veggies  Fruit Slices	Tomatoes Peppers Salad
	<b>MILK &amp; ALTERNATIVES</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt Cheese</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>
	<b>MEAT &amp; ALTERNATIVES</b>	Beans	Lentil Pizza sauce	Ground Turkey	Turkey	Chicken Ground Soy
	<b>OTHER</b>	Fruit & yogurt	Fruit & yogurt	Fruit & yogurt	Fruit & yogurt	Fruit & Yogurt
<b>PM S N A C K</b>	<b>2 FOOD GROUPS</b>	Cheese	Granola	Egg Sandwiches	Rice Cakes	Crackers & Cheese
		Crackers Veggies	Apple Slices	Tuna Sandwiches	Melon	Apple Slices

- Veggies / dip and yogurt/fruit are served with every lunch

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**WEEK: 3**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM S N A C K</b>	<b>2 FOOD GROUPS</b>	Cornmeal Muffins	French Toast	Granola & Bananas	Raisin Toast	Oatmeal Muffins
		Fruit	Bananas	Milk	Bananas	Oranges
	<b>Lunch Item</b>	Macaroni	Shepherd's Pie	Chicken, Lentil & Rice Soup	Pita Pockets	Fish Puffs
<b>L U N C H</b>	<b>GRAIN PRODUCTS</b>	Whole Grain Noodles	Bread	Toast Rice	Pita Bread Pasta Salad	Bread
	<b>VEGETABLE &amp; FRUIT</b>	Salad Berries	Potatoes Carrots Peas Cauliflower	Lentils Carrots Peas Berries	Lettuce Tomatoes Cucumbers Berries	Potatoes Mixed Veggies Berries
	<b>MILK &amp; ALTERNATIVES</b>	<b>Whole Milk Cheese Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Cheese Yogurt</b>
	<b>MEAT &amp; ALTERNATIVES</b>	Grilled Chicken	Ground Soy	Chicken Lentils Rice	Sliced Turkey	Haddock Or Sole
<b>PM S N A C K</b>	<b>2 FOOD GROUPS</b>	Apple Slices	Rice Cakes	Sliced Turkey Wraps	Oatmeal Cookies	Cheese & Crackers
		Cornmeal Bread	Cantaloupe	Bananas	Melon	Apples

- Veggies / dip and yogurt/fruit are served with every lunch

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Prospect Bay Children's Centre

**WEEK: 4**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM S N A C K</b>	<b>2 FOOD GROUPS</b>	Toast & Cheese	Carrot Muffins	Oatmeal	Muesli & Yogurt	Blueberry Bagels
		Oranges	Apple slices	Melon	Bananas	Apple Slices
	<b>Lunch Item</b>	Turkey Wraps	Chile	Lentil Soup	Chicken Fajitas	Pan Fried Haddock
<b>L U N C H</b>	<b>GRAIN PRODUCTS</b>	Wraps	Bread	Pita Rolls	Soft Taco Shells	Bread
	<b>VEGETABLE &amp; FRUIT</b>	Lettuce Celery Grated carrots	Cucumbers Fruit Berries	Carrots Tomatoes Celery Cauliflower	Lettuce Tomatoes Peppers Berries	Potatoes Carrots Peas Berries
	<b>MILK &amp; ALTERNATIVES</b>	<b>Whole Milk Yogurt Cheese</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>	<b>Whole Milk Yogurt</b>
	<b>MEAT &amp; ALTERNATIVES</b>	Turkey	Beans Ground Meat	Lentils Tofu	Chicken	Haddock/ Sole
<b>PM S N A C K</b>	<b>2 FOOD GROUPS</b>	Forest Ranger Cookies	Veggies	Banana Bread	Corn Crisps	Rice Crackers & Cheese
		Bananas	Hummus	Apples	Bananas	Apples

- Veggies / dip and yogurt/fruit are served with every lunch