

**THROUGH THE YEARS DAY CARE & COMMUNITY CENTRE**

**Week 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b>	WW cracker Fruit puree Melon Water	Cinnamon streusel coffee cake Pineapple Water	Fruit salad Zucchini, banana or pumpkin bread Water	Boiled egg Rice crackers Apple juice	Whole grain Goldfish crackers Grapes Water Infants - strawberries
<b>LUNCH</b>	<b>Chicken Salad Pita Pockets</b>  -diced chicken  -lettuce, tomato and grated cheddar cheese  -WW pita  <b>Mandarins</b>  <b>Milk</b>	<b>Vegetable Lentil Soup</b>  -mixed seasonal vegetables -lentils Broth Tomato sauce  <b>Grilled cheese sandwiches</b>  -WW Bread  -Cheddar cheese  <b>Seasonal fruit</b>  <b>Milk</b>	<b>Spaghetti</b>  -WW spaghetti  -Lean ground beef  -Pasta sauce  -Onions, celery & carrot puree  <b>Apple slices</b>  <b>Milk</b>  *Infants – applesauce if not eating apples	<b>Haddock Bake</b>  -fresh haddock filets  -whole grain rice  -mixed vegetables  -cream of mushroom soup  <b>Applesauce</b>  <b>Milk</b>	<b>Mini Pizzas</b>  -WW english muffins  -Pasta sauce  -Mozzarella  -Lean ground beef  <b>Tossed salad</b>  -romaine lettuce, tomatoes, broccoli, cucumber, shredded carrot, salad dressing  <b>Banana coins</b>  <b>Milk</b>
<b>P.M. SNACK</b>	Multigrain bagel Cream cheese Orange juice	Triscuit crackers Salsa Cucumber coins Water	Veggie platter & dip  Cheddar cheese cubes  Water	HM bits & bites  Orange slices  Water  *Infants – no raisins in bits & bites	Caramel rice cakes  raisins  Water  *Infants – kiwi instead of raisins

Note: Juices are 100% pure juice from concentrate. Homogenized milk is served to children under 24 months; all other ages receive 2%. Breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip, cabbage, sweet potato are substituted with soft vegetables for infants. Serving sizes are consistent with Canada's Food Guide.

I have followed the Food & Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition

Signature: \_\_\_\_\_ Date: \_\_\_\_\_