

**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	Bran crunch wafers 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	Corn bran cereal squares 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 are boiled to soften 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: \_\_\_\_\_