

**Ganaraska Child Care Centre Inc**  
**Weekly Menu Plan**  
**Fall /Winter 2020 -2021**      **Week 1 of 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack*</b>	Cereal with Milk or Toast with Wow Butter	Cereal with Milk or Toast with Wow Butter	Cereal with Milk or Toast with Wow Butter	Cereal with Milk or Toast with Wow Butter	Cereal with Milk or Toast with Wow Butter
<b>*Morning Snack is served with water daily</b>					
<b>Lunch*</b>	Hearty Lasagne Soup Whole Wheat Bun	Chicken Penne with Broccoli Garlic Toast	Meatloaf Roasted Root Vegetables	Pizza Caesar Salad	Beef Stew Whole Wheat Bun
<b>Meat and/or Alternatives</b>	Ground Beef	Chicken	Ground Beef	Ham Pepperoni	Beef
<b>Vegetables and/or Fruits</b>	Tomatoes Carrots Celery	Broccoli	Carrots Sweet Potatoes Potatoes	Lettuce Mushrooms Green Peppers	Potatoes Carrots Celery Onions
<b>Grain Products</b>	Whole Wheat Pasta Whole Wheat Bun	Whole Wheat Pasta Garlic Toast	Bread Crumbs	Whole Wheat Wraps/English Muffins	Whole Wheat Bun
<b>Milk and/or Alternatives</b>	Milk	Milk Cream Soup	Milk	Milk Cheese	Milk
<b>Other Foods</b>				Caesar Dressing	Beef Stock
<b>*Lunch is served with fruit and Milk daily</b>					
<b>Afternoon Snack*</b>	Yogurt and Granola	English Muffins and Wow Butter	Crackers and Cheese	Cereal Mix/Popcorn	Rice Cakes Cheese Cubes

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**Afternoon Snack is served with fresh fruit/veggies and water**

**Additional Comments: See menu board for fruit selection**