

Ganaraska Child Care Centre Inc
Weekly Menu Plan
Fall /Winter 2020-2021

Week 3 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk or Raisin Toast	Cereal with Milk or Raisin Toast	Cereal with Milk or Raisin Toast	Cereal with Milk or Raisin Toast	Cereal with Milk or Raisin Toast
*Morning Snack is served with water daily					
Lunch*	Asian Beef Stir Fry Rice	Tomato Soup Grilled Cheese Sandwiches Cucumbers	Meatballs Rice Carrots	Macaroni and Cheese with Ham Garden Salad	Chicken Stew Buns
Meat and/or Alternatives	Ground Beef		Ground Beef	Ham	Chicken
Vegetables and/or Fruits	Green Peppers Onions Carrots	Cucumbers	Carrots	Lettuce Carrots Cucumbers Tomato	Potatoes Carrots
Grain Products	Brown Rice	Whole Wheat Pasta Whole Wheat Bread	Brown Rice	Whole Wheat Pasta	Whole Wheat Bun
Milk and/or Alternatives	Milk	Cheese Milk	Milk	Cheese Milk	Milk
Other Foods		Canned Soup		Salad Dressing	
*Lunch is served with fruit and Milk daily					
Afternoon Snack*	Yogurt Dip Arrowroot Cookies	Goldfish Crackers	Cheese and Crackers	Cereal Mix/Popcorn	Yogurt and Granola

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Afternoon Snack is served with fresh fruit/veggies and water

Additional Comments: See menu board for fruit selection