

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

Week 4 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk or English Muffins	Cereal with Milk or English Muffins	Cereal with Milk or English Muffins	Cereal with Milk or English Muffins	Cereal with Milk or English Muffins
*Morning Snack is served with water daily					
Lunch*	Creamy Chicken Pasta Biscuits	Vegetables Soup with Noodles Chicken Salad Sandwiches	Shepherd's Pie Bread	Pulled Pork on a Bun Coleslaw Pickles	Chicken Quesadillas Garden Salad Mixed Veggies
Meat and/or Alternatives	Chicken	Chicken	Ground Beef	Pork	Chicken
Vegetables and/or Fruits	Mixed Vegetables	Celery, Carrots, Peppers	Potatoes Carrots Peas	Cabbage Carrots	Lettuce Celery Cucumbers Carrots Peas
Grain Products	Whole Wheat Pasta Whole Wheat Biscuits	Whole Wheat Noodles Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Buns	Whole Wheat Tortillas
Milk and/or Alternatives	Milk	Milk	Milk	Milk	Cheese Milk
Other Foods	Creamed Soup	Mayo Canned Soup	Beef Broth	Pickles Coleslaw Dressing	Cream Soup
*Lunch is served with fruit and Milk daily					
Afternoon Snack*	Tuna Stackers	Yogurt Dip with Bananas and Apples	Hummus with Naan Bread and Veggies	Cheese and Crackers	Fig Bars

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

Additional Comments: See menu board for fruit selection