

**Ganaraska Child Care Centre Inc**  
**Weekly Menu Plan 2023 Spring /Summer #1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cereal and milk	Toast with Butter	Cereal and milk	English Muffins with Butter	Cereal and milk
<b>Morning Snack is served with water daily and Fruit</b>					
<b>Lunch</b>	Smoked Sausage and Perogies Veggies Fresh Fruit	Tacos And Rice Fresh Fruit	Wow Butter, Ham, or Chicken with Cheese Sandwiches Pickles Cheese Cubes Veggies and Dip Fresh Fruit	Pulled Pork on a Bun Garden Salad Fresh Fruit	Meatballs Rice Green Beans Fresh Fruit
<b>Meat and/or Alternatives</b>	Sausage	Ground Beef	Chicken Ham Wow Butter	Pork	Ground Beef
<b>Vegetables/Fruits</b>	Mixed Vegetables	Lettuce and Tomatoes	Raw Veggies	Lettuce, Tomato Cucumber, Celery	Green Beans
<b>Grain Products</b>	Perogies	Taco Shells Whole Wheat Rice	Whole Wheat Bread	Whole Wheat Buns	Whole Wheat Rice
<b>Milk and or Alternatives</b>	Milk	Milk Cheese	Cheese Milk	Milk	Milk
<b>Other Foods</b>	Sour Cream	Taco Seasoning Sour Cream Salsa	Pickles Ranch Dressing Mayo	Salsa Sour Cream Salad Dressing	Sweet and Sour Sauce
<b>Lunch is served with seasonal fresh fruit and milk daily</b>					
<b>Afternoon Snack</b>	Salsa and Tortilla Chips	Trail Mix	Jello and Fruit	Strawberry Sheet Cake	Frozen Yogurt Pops
<b>Afternoon Snack is served with fruit/veg and water</b>					

**Ganaraska Child Care Centre Inc**

**Weekly Menu Plan 2023 Spring /Summer #2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	English Muffins with Fruit	Cereal and Milk	Applesauce	Cereal and Milk	Pancakes
<b>Morning Snack is served with water daily and fruit</b>					
<b>Lunch</b>	Chicken Quesadillas Rice Peas Fruit	Tomato Soup with Pasta Ham and Cheese Roll-ups Cucumber Slices Fruit	Cold Plate (Cheese, Pickles, Naan Bread, Hummus, Kielbasa, Veggies) Pasta Salad Fruit	Sandwiches (Tuna and Wow Butter and Jam) Potato Salad Fruit	Hot Dogs Fruit Smoothies Caesar Salad
<b>Meat and/or Alternatives</b>	Chicken	Ham	Kielbasa Hummus	Wow Butter Tuna	All Beef Wieners
<b>Vegetables/Fruits</b>	Peas	Cucumbers	Mixed Raw Veggies	Potatoes	Romaine Lettuce
<b>Grain Products</b>	Whole Wheat Wraps Whole Grain Rice	Whole Wheat Wraps Whole Wheat Pasta	Whole Wheat Pasta Naan Bread	Whole Wheat Bread Whole Wheat Pasta	Whole Wheat Buns Croutons
<b>Milk and or Alternatives</b>	Milk Cheese	Milk Cheese	Milk Cheese	Milk	Milk
<b>Other Foods</b>	Sour Cream Salsa	Canned Soup	Pickles Salad Dressing	Jam Salad Dressing	Mustard, Relish, Ketchup Caesar Dressing
<b>Lunch is served with seasonal fresh fruit and milk daily</b>					
<b>Afternoon Snack</b>	Applesauce and Graham Crackers	Yogurt and Granola	Tuna Stackers	Cookies (Arrowroot or Oatmeal)	Fruit Muffins
<b>Afternoon Snack is served with fruit/veg and water</b>					

**Ganaraska Child Care Centre Inc**  
**Weekly Menu Plan 2023 Spring/Summer #3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cereal and Milk	Toast with Wow Butter	Cereal and Milk	Crumpets	Cereal and Milk
<b>Morning Snack is served with water daily and fruit</b>					
<b>Lunch</b>	Pasta with Meat Sauce Cooked Carrots Garlic Buns Fruit	Sandwiches (Turkey and Provolone, Wow Butter, and Jam) Pickles, Cheese Veggies and Dip Fruit	Chicken Enchiladas Garden Salad Fruit	Sloppy Joes Coleslaw Fruit	Taco Salad Fruit
<b>Meat and/or Alternatives</b>	Ground Beef	Turkey Wow Butter	Chicken	Ground Beef	Ground Beef
<b>Vegetables/Fruits</b>	Carrots	Raw Veggies	Lettuce, Tomatoes Peppers, Raddish	Cabbage Carrots	Lettuce, Tomato,
<b>Grain Products</b>	Whole Wheat Buns Whole Wheat Pasta	Pancake Mix	Whole Wheat Tortillas Whole Grain Rice	Whole Wheat Buns	Whole Wheat Tortilla Chips
<b>Milk and or Alternatives</b>	Milk	Milk Cheese	Milk Cheese	Milk	Cheese Milk
<b>Other Foods</b>	Pasta Sauce Garlic Seasoning	Jam Pickles Veggie Dip	Tomato Sauce Salad Dressing	Sloppy Joe Sauce Coleslaw Dressing	Taco Seasoning Sour Cream Salsa
<b>Lunch is served with seasonal fresh fruit and milk daily</b>					
<b>Afternoon Snack</b>	Cheese and Crackers	Trail Mix	Spinach Dip and Crackers	Frozen Yogurt Pops	Fruit Muffins
<b>Afternoon Snack is served with fruit /veg and water</b>					

**Ganaraska Child Care Centre Inc**  
**Weekly Menu Plan 2023 Spring/Summer #4**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Oatmeal	Cereal and Milk	Bagels and Cream Cheese	Cereal and Milk	Fruit and Dip
<b>Morning Snack is served with water daily and fruit</b>					
<b>Lunch</b>	Pasta with Vegetable Sauce Garlic Buns Fruit	Chicken Tenders Pasta with Garlic Butter Sauce Peas Fruit	Hamburgers Cobb Salad Fruit	Cold Plate Spinach Dip and Naan Bread, Cheese, Pickles, Kielbasa, Veggies Pasta Salad Fruit	Sandwiches (Egg Salad, Cheese) Potato Salad Fruit
<b>Meat and/or Alternatives</b>		Chicken	Hamburgers Cooked Chicken Eggs Potatoes	Kielbasa	Eggs
<b>Vegetables/Fruits</b>	Vegetable Sauce	Peas	Romaine lettuce Cucumbers Tomatoes	Raw Veggies Spinach	Potato Peppers, Carrots, Celery
<b>Grain Products</b>	Whole Wheat Buns Whole Wheat Pasta	Whole Wheat Noodles	Whole Wheat Buns	Whole Grain Pasta Naan Bread	Whole Wheat Bread
<b>Milk and or Alternatives</b>	Milk	Milk	Milk Cheese	Milk Cheese	Milk Cheese
<b>Other Foods</b>	Garlic Seasoning	Garlic Butter	Mustard, relish, ketchup) Salad Dressing	Salad Dressing Pickles	Mayonnaise
<b>Lunch is served with seasonal fresh fruit and milk daily</b>					
<b>Afternoon Snack</b>	Cheese and Crackers	Ants on Log (Celery, wow butter/cream cheese, raisins)	Frozen Yogurt Pops	Banana Loaf	Applesauce and Digestive Biscuits
<b>Afternoon Snack is served with fruit/ veg and water</b>					