

Ganaraska Child Care Centre Inc

Weekly Menu Plan – Spring / Summer 2022 Week 1 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal and Milk or Toast	Cereal and Milk or Toast	Cereal and Milk or Toast	Cereal and Milk or Toast	Cereal and Milk or Toast
Morning Snack is served with water daily					
Lunch	Meatballs Rice Veggies Fruit	Sandwiches (Ham and Cheese Wow Butter and Jam) Veggies and Dip Fruit	Chicken Fried Rice Veggies Fruit	Chili Cheese Bread Fruit	Hot Dogs Coleslaw Fruit
Meat and/or Alternatives	Ground Beef	Ham Wow Butter	Chicken	Ground Beef Beans	Hot Dogs (all beef)
Vegetables/Fruits	Cucumber slices	Peppers Carrots	Peas Carrots	Celery Carrots Diced Tomatoes	Cabbage Celery Carrots
Grain Products	Brown Rice	Whole Wheat Bread	Brown Rice	Cheese Bread	Whole Wheat Bun
Milk and or Alternatives	Milk	Milk Cheese	Milk	Milk	Milk
Other Foods	Sweet and Sour Sauce	Jam		Chili Seasoning	Coleslaw Dressing Mustard, Ketchup, Relish
Lunch is served with seasonal fresh fruit and milk					
Afternoon Snack	Cereal Mix	Frozen Yogurt Tubes	Arrowroot Crackers	Wow Butter Wraps	Cheese and Crackers
Afternoon Snack is served with fruit and water					

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Weekly Menu Plan –Spring / Summer 2022

Week 2 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal and Milk or Bagels	Cereal and Milk or Bagels	Cereal and Milk or Bagels	Cereal and Milk or Bagels	Cereal and Milk or Bagels
Morning Snack is served with water daily					
Lunch	Pasta with Veggie Sauce Bread Fruit	Hummus Pita Bread Cheese Pickles Veggie Sticks/Fruit	Chicken Caesar Pasta Salad Buns Veggies Fruit	Cabbage Roll Soup Bread Veggies Fruit	Sandwiches (Tuna Wow Butter and Jam) Pasta Salad Veggies Sticks Fruit
Meat and/or Alternatives	Beans	Hummus	Chicken	Ground Beef	Tuna Wow Butter
Vegetables/Fruits	Peppers Carrots Celery	Carrots Peppers	Cucumber Slices	Diced Tomatoes Onions Cabbage	
Grain Products	Whole Wheat Pasta Whole Wheat Bread	Pita Bread	Whole Wheat Pasta Whole Wheat Buns Croutons	Brown Rice Whole Wheat Bread	Whole Wheat Pasta
Milk and or Alternatives	Milk	Milk Cheese	Milk	Milk	Milk
Other Foods			Caesar Dressing		Mayo Jam
Lunch is served with seasonal fresh fruit and milk					
Afternoon Snack	Frozen Yogurt Tubes	Apples or Apple Sauce Crackers	Veggies and Ranch Dip	Cheese and Crackers	Cinnamon Bread
Afternoon Snack is served with fruit and water					

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Weekly Menu Plan –Spring/ Summer 2022

Week 3 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal and Milk	Raisin Toast Clementines	Cereal with Milk	Waffles Banana Slices	Cereal and Milk
Morning Snack is served with water daily					
Lunch	Tomato Soup with Noodles Grilled Cheese Veggie Sticks Fruit Milk	Tacos Brown Rice Fruit Milk	Chicken Broccoli Pasta Bun Fruit Milk	Sandwiches (ham and Cheese and wow butter and jam) Veggies with Dip Pickles Fruit Milk	Macaroni Beef Bake Peas Fruit Milk
Meat and/or Alternatives		Ground Beef	Chicken	Ham Wow Butter	Ground Beef
Vegetables/Fruits	Cucumber slices Carrot Sticks	Lettuce Tomatoes	Broccoli	Cucumbers Carrots Peppers	Peas
Grain Products	Whole Wheat Bread Whole Wheat Noodles	Taco Shells Brown Rice	Whole Wheat Bun Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Noodles
Milk and or Alternatives	Milk Cheese	Cheese Sour Cream Milk	Milk	Cheese Milk	Milk
Other Foods	Canned Soup	Taco Seasoning Mix Salsa		Jam Ranch Dressing Pickles	Canned Tomatoes
Lunch is served with seasonal fresh fruit and milk daily					
Afternoon Snack	Fig Bars	Veggies and Dip	English Muffins with Wow Butter	Cereal Mix	Hummus and Crackers
Afternoon Snack is served with fruit and water					

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Weekly Menu Plan – Spring / Summer 2022

Week 4 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	English Muffins and Wow Butter	Cereal with Milk	English Muffin and Wow Buter	Cereal with Milk	English Muffin and Wow Butter
Morning Snack is served with water daily					
Lunch	Vegetable Soup Cheese Cubes Buns Cucumber Slices Fruit Milk	Cold Plate (hummus, pitas, veggies, pickles, cheese) Fruit Milk	Sloppy Joes And Garden Salad Fruit Milk	Sandwiches (Egg or cheese and ham) Raw Veggies and Dip Pickles Fruit Milk	Macaroni and Cheese with Ham Mixed Cooked Veggies Fruit Milk
Meat and/or Alternatives		Hummus	Ground Beef	Egg Ham	Ham
Vegetables/Fruits	Celery Onions Mixed Vegetables Cucumber slices	Peppers Carrots Cucumbers	Lettuce Cucumbers Tomatoes	Peppers Carrots Celery	Mixed Veggies
Grain Products	Whole Wheat Bun	Whole Wheat Pitas	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Noodles
Milk and or Alternatives	Cheese Milk	Cheese Milk	Milk	Milk Cheese	Milk Cheese
Other Foods	Soup Broth		Sloppy Joe Mix Salad Dressing	Mayo Pickles	
Lunch is served with seasonal fresh fruit and milk daily					
Afternoon Snack	Yogurt with Granola	Cheese and Crackers	Party Mix (Pretzels, cheese crackers, cereal mix)	Granola Bars	Yogurt Dip and Animal Crackers
Afternoon Snack is served with fruit and water					

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