

Ganaraska Child Care Centre Inc
Weekly Menu Plan
Spring/summer 2020

Week 3 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk	Toast with Wow Butter	Cereal with Milk	Crumpets with cheese	Cereal with Milk
*Morning Snack is served with water daily					
Lunch*	Sausage Rigatoni Bread & Butter Melon	Sandwiches Corn Tortilla Chips Raw Veggies Orange Slices	Chicken strips Fettuccine with parmesan cheese and butter, Pineapple	Sloppy Joes Coleslaw Apple Sauce	Chicken and Rice Pilaf Garden Salad Kiwi
Meat and/or Alternatives	Pork Sausage Mushrooms	Egg, tuna, cheddar cheese slices	Chicken	Ground Beef	Chicken
Vegetables and/or Fruits	Zucchini Onions	Celery, Carrots, Peppers Cucumbers,	Pineapple	Cabbage Carrots Onion Apple Sauce	Celery, Carrots, Peppers Kiwi
Grain Products	Whole Wheat Pasta Whole Grain Bread	Whole Wheat Bread Whole Wheat Corn Chips	Whole Wheat Fettuccine	Whole Wheat Hamburger Buns	Brown Rice
Milk and/or Alternative	Milk cheese	Milk Cheddar Cheese Slices	Milk Parmesan cheese	Milk	Milk
Other Foods	Creamed Soup				
*Lunch is served with Milk daily					
Afternoon Snack*	Granola Bars	English Muffins with Wow Butter	Melba toast and Cheddar Cheese	Hummus & Veggies or crackers	Yogurt and Granola
Afternoon Snack is served with seasonal fresh fruit and water					