

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

Week 2 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk	Cinnamon toast Orange Slices	Cereal with Milk	Toast with Wow Butter	Cereal with Milk
*Morning Snack is served with water daily					
Lunch*	Hearty Lasagna soup Whole Wheat Bun Apples	Pasta with Bean & Veggie Sauce Whole Wheat Bread Melon	Hummus & Pita, Pasta salad, Raw Veggies, Hard Boiled eggs, Grapes	Cheesy Chicken & Rice casserole Pears	Beef Tacos Bean and Veggie Fried Rice Orang slices
Meat and/or Alternatives	Ground Beef		Hummus Hard Boiled Eggs	Chicken	Ground Beef Navy bean
Vegetables and/or Fruits	Tomatoes, Celery, Carrots Apples	Tomatoes, Celery, carrots Melon	Grapes Peppers, Carrots, Celery, Snap peas,	Mixed Veggies	Carrots, Celery, peppers Navy Bean, Tomato salsa Orang Slices
Grain Products	Whole Wheat Pasta Whole Wheat Bun	Whole Wheat Pasta Whole Wheat Bread	Whole Wheat Pita	Brown Rice	Whole Grain Taco Shells Brown Rice
Milk and/or Alternative	Milk	Milk	Milk Cheese	Milk Cheese	Milk
Other Foods		Tomato Sauce			Sour Cream
*Lunch is served with Milk daily					
Afternoon Snack*	Pita Chips and Salsa	Wow Butter Roll-ups	Cheese and Crackers	Tuna on whole Wheat Crackers, Cucumber Slices	Fig Bars
Afternoon Snack is served with seasonal fresh fruit and water					