

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

Week 4 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk	Bagels and Wow Butter	Cereal with Milk	Hard Boil Eggs English Muffins	Cereal with Milk
*Morning Snack is served with water daily					
Lunch*	Macaroni Beef Bake Cooked Carrots Whole Grain Bun Oranges	Chicken Pot Pie Bread and Butter Apples	Hummus & Pita Pasta Salad Raw Veggies Boiled Eggs , Grapes	Pancakes &Sausage Mixed Veggies Berries	Tomato soup with Pasta Grilled Cheese Sandwich Cucumber Slices Pears
Meat and/or Alternatives	Ground Beef	Chicken	Hummus Hard Boiled Egg	Pork Sausage	
Vegetables and/or Fruits	Tomato sauce Carrots	Broccoli, Carrots Apples	Peppers , Carrots Snap peas Grapes	Mixed Veggies Mixed Berries	Cucumbers Pears
Grain Products	Whole Wheat buns Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Pita	Whole Wheat Pancake Mix	Whole Grain Pasta Whole Wheat Bread Whole Wheat Soda Crackers
Milk and/or Alternative	Milk Cheese	Milk Cheese	Milk	Milk	Milk Cheddar cheese Slices
Other Foods					
*Lunch is served with Milk daily					
Afternoon Snack*	Fig Bars	Spinach dip Whole Grain Crackers	Banana and apples with Yogurt dip	Cheese & Crackers	Dry Cereal Mix
Afternoon Snack is served with seasonal fresh fruit and water					