

Ganaraska Child Care Centre Inc
Weekly Menu Plan
Fall/Winter 2020-2021

Week 2 of 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack*	Cereal with Milk or Bagels	Cereal with Milk or Bagels	Cereal with Milk or Bagels	Cereal with Milk or Bagels	Cereal with Milk or Bagels
*Morning Snack is served with water daily					
Lunch*	Chicken Soup with Sandwiches (tuna, cheese) Cut Veggies	Macaroni Beef Bake Mixed Vegetables Bread	Vegetable Lasagne Garlic Toast	Pulled Chicken on a Bun Pickles Cut Veggies	Chilli Carrots Buns
Meat and/or Alternatives	Chicken Tuna	Ground Beef		Chicken	Ground Beef Beans
Vegetables and/or Fruits	Carrots, Celery, Peppers, Cucumbers	Mixed Vegetables	Sweet Potato Cauliflower Zucchini	Carrots Peppers Cucumbers	Carrots
Grain Products	Rice Crackers	Whole Wheat Bread Whole Grain Pasta	Garlic Toast Whole Wheat Pasta	Whole Wheat Buns	Whole Wheat Buns
Milk and/or Alternative	Cheese Milk	Milk Cheese	Milk Cheese	Milk	Milk
Other Foods		Tomato Sauce	Alfredo Sauce	Pickles	
*Lunch is served with fruit and milk daily					
Afternoon Snack*	Corn Tortilla Salsa With Naan Bread	Cheese, Pickles and Kolbasa	Hummus and Crackers	Wow Butter Wraps	Granola Bars
*Afternoon Snack is served with seasonal fresh fruit/veggies and water					

Additional Comments: See Menu board for fruit selection

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***Afternoon Snack is served with seasonal fresh fruit and water**