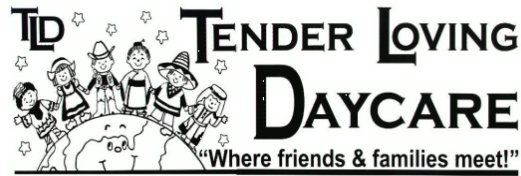




**Menu**



**Spring / Summer**

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cereal & Milk	Yogurt with Cheerios & Pears	Apple Sauce & Bread Sticks	Bananas & Fruit Muffins	Apples with Cinnamon & Croissants
<b>Lunch</b>	Tuna, English Muffins, Tossed Salad	Ham, Rice, Mixed Vegetables	Cold Meat Plate, Bread & Butter, Pickles	Grilled Cheese Sandwiches, Vegetable Soup, Crackers	Chicken & Broccoli Quiche, Sliced Bread Caesar Salad
<b>Dessert</b>	Oranges	Melon	Bananas	Apples	Grapes
<b>Afternoon Snack</b>	Vegetable Sticks with Naan & Spinach Dip	Oranges, Soda Crackers	Pears, Oatmeal Cookies	Broccoli with Pita Wedges & Hummus	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

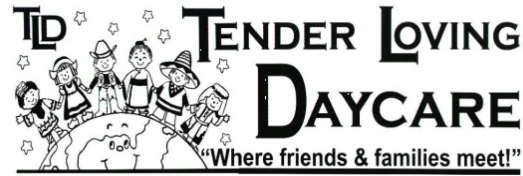
2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants



## Menu



## Spring / Summer

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cereal & Milk	Yogurt with Peaches & Raisin Bread	Bananas & Croissants	Apples & Melba Toast with Cheese Cubes	Pears & Bagels with Cream Cheese
<b>Lunch</b>	Chicken Nuggets, French Fries, Mixed Vegetables	Cheese Tortellini, Tomato Sauce, Ceasar Salad	Chicken Stir Fry, Noodles	Scrambled Eggs, Toast, Cucumbers	Lemon Sole, Long Grain Rice, Carrot Coins
<b>Dessert</b>	Melon	Apple Sauce	Grapes	Peaches	Apples
<b>Afternoon Snack</b>	Apples with Cinnamon, Rye Bread	Vegetable Sticks with Naan & Hummus	Oranges, Breton Crackers & Cheese Cubes	Carrot Sticks, with Pumpnickel & Spinach Dip	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

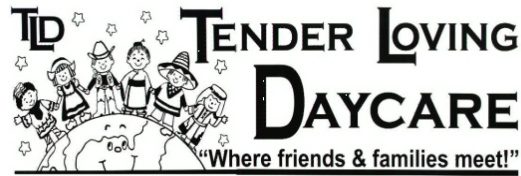
2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants



**Menu**



**Spring / Summer**

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cereal & Milk	Bagels with Cream Cheese & Apples	Yogurt with Cheerios & Oranges	Bananas & Croissants	Pears & Raison Bread
<b>Lunch</b>	Tuna & Egg Salad Sandwiches, Vegetable Soup, Crackers	Chicken Pasta Salad, Cucumbers	Brown Beans, Rolls, Caesar Salad	Cheese Burgers, French Fries, Tossed Salad	Cold Meat Plate, Sliced Bread, Pickles & Potato Salad
<b>Dessert</b>	Apples	Peaches	Melon	Grapes	Fruit Cocktail
<b>Afternoon Snack</b>	Bananas, Melba Toast	Soft Tacos with Salsa & Grated Cheese	Vegetable Sticks, Breton Crackers & Tzatziki	Oranges, TLD Mix	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

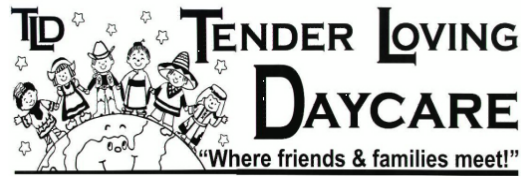
2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants



## Menu



## Spring / Summer



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cereal & Milk	Melba Toast with Boiled Eggs & Pears	Bagels with Cream Cheese & Oranges	Fruit Muffins & Bananas	Yogurt with Strawberries & Raisin Bread
<b>Lunch</b>	Baked Fish, Tricolor Pasta, Carrot Coins	Vegetable Pizza, Caesar Salad	Chicken Quiche, Sliced Bread, Green Salad	Beef Tacos, Salsa	Chicken Caesar Salad, Garlic Bread
<b>Dessert</b>	Bananas	Melon	Apples	Pears	Oranges
<b>Afternoon Snack</b>	Apples with Cinnamon, Rye Bread	Oranges, Breton Crackers	Grapes, TLD Mix	Vegetable Sticks with Naan, & Hummus	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

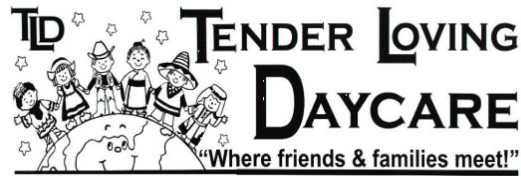
2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants



**Menu**



**Spring / Summer**

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cereal & Milk	Fruit Muffins & Pears	Bagels with Cream Cheese & Oranges	Yogurt with Croissants & Bananas	Raison Bread with Apples & Milk
<b>Lunch</b>	Curry Chicken, Brown Rice, Carrot Coins	Meat & Cheese Sub Sandwiches, Vegetable Sticks	Pork Stroganoff, Fettucine, Green Beans	Scrambled Eggs, Chips (Fries), Green Salad	Tuna on English Muffins, Caesar Salad
<b>Dessert</b>	Applesauce	Bananas	Grapes	Melon	Oranges
<b>Afternoon Snack</b>	Soft Tacos with Salsa & Shredded Cheese	Peaches, Oatmeal Cookies	Apples with Cinnamon, Rye Bread	Vegetable Sticks with Naan & Tzatziki	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

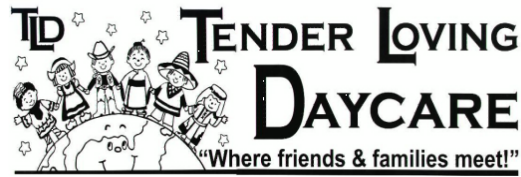
2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants



## Menu



## Spring / Summer



Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cereal & Milk	Bananas & Croissants	Yogurt with English Muffins & Peaches	Pears & TLD Mix	Bagels with Cream Cheese & Apples
<b>Lunch</b>	Brown Beans, Rolls, Tossed Salad	Chicken Stir Fry, Noodles	Baked Fish, Long Grain Rice, Bean Medley	Chicken Pasta Salad, Cucumbers	Spaghetti & Meatballs, Caesar Salad
<b>Dessert</b>	Melon	Oranges	Apples	Peaches	Grapes
<b>Afternoon Snack</b>	Apple Sauce, Bread Sticks	Grapes with Breton Crackers & Cheese Cubes	Vegetable Sticks, with Pita Wedges & Spinach Dip	Soft Tacos with Salsa & Shredded Cheese	Ice Cream Cones, Assorted Fruit

1) Milk will be served at lunch (2% for preschoolers, 3.25% for toddlers). Water will be available at all times throughout the day.

2) Portion sizes are calculated as per Canada's Food Guide

3) Fruit may be changed to seasonal variety

4) Margarine is also served with all crackers, bagels, muffins and croissants