

GRAND AVENUE CHILDREN'S CENTRE

MENU# 3

WEEKLY MENU # MEAL OR SNACK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Multigrain cereal milk	Hard boiled eggs WW toast milk	Cinnamon oatmeal Banana slices milk	Scones Mango milk	Carrot muffins Mixed berries milk
RAW	VEGGIE	tomatoes	cucumber	pepper	Broccoli	carrots
LUNCH	MAIN & SIDES	Turkey meatballs Brown Rice Green beans Applesauce milk	Beef taco Corn shells Lettuce, tomato Cheese Diced carrots Strawberries milk	Chicken wrap (Chicken lettuce cheese) Roasted parsnip wedges Veggies & dip Melon milk	Sloppy beef Joe casserole Cucumber salad Pears milk	Breaded fish Coleslaw Sweet potatoes Oranges milk
PM SNACK		Salsa Corn Tortilla chips water	Frozen yogurt pops water	Pea butter and crackers water	Cinnamon apples water	Bagels and cheese cubes water

NOTE: WATER SERVED AT ALL MEALS AND SNACKS

DAILY MENU FOOD GROUPS TOTALS

RECOMMENDED # OF SERVINGS
3-4 VEGETABLES & FRUIT
2-3 GRAIN PRODUCTS
1-2 MILK & ALTERNATIVES
¾-1 MEAT & ALTERNATIVES

