



MENU

September – Week 4

Food Guide Recommendations Based on children ages 2 – 9 years

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with Milk	Carrot Oat Muffins	Banana Oat Pancakes	Egg on Whole Wheat Toast	Yoghurt with Granola
LUNCH	Tomato & Cheese Pita Pizza Garden Salad	Lemon Chicken with Potato Wedges Mixed Veggies	Tuna Sandwiches on Whole Wheat Toast Carrots	Pasta with Meat Sauce Cucumber Slices	Pumpkin & Bean Soup Peas and Corn
Afternoon Snack	Hummus Dip Crackers / Cucumbers	Cheese & Crackers	Apple Slices	Oat Squares	Banana Bread

Infant / Toddler meals will mostly be the same, unless advised by teacher

Fresh Seasonal Fruits – Grapes, Oranges, Apples, Bananas, Pears, Berries, Cantaloupe, Watermelon, Mango, Peaches, Pineapple (Provided at all meals)

Fresh Seasonal Vegetables – Carrots, Celery, Cucumber, Coloured Peppers, Tomatoes, Squash, Corn, Peas (Included at Lunch)

Supplementary Snacks served in between meals. This can include crackers, yoghurt, fresh fruit or vegetables, apple sauce