



Columbia Childcare Centre Week One Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack always served with 2% milk and water	Cereal and Fruit	White Cheese and Fruit	Cereal and Fruit	Whole Grain Oatmeal & fruit	Cereal and Fruit
Lunch Always served with milk and water	Wheat Spaghetti with Sauce Carrot Sticks	Breaded Fish Sticks Potato Fries Apple	Curried Chickpeas & white rice Sliced Cucumber	Shredded Mozzarella Cheese on Wheat English Muffin Fresh Veggies Dip	Chicken Noodle With Vegetable Soup Turkey Sandwiches
Afternoon Snack	Fresh Oranges and Digestives	Wheat Pita Bread With fresh Veggies	Brown Rice Cake with Cream Cheese	Whole Wheat Tortilla Rolls	Frozen assorted Fruit Smoothie

Fruit served as: apples, oranges, bananas, or other seasonal fruit that becomes available

Cereal served as: Rice Krispies, Shreddies, Cheerios and/or corn flakes

Fresh Veggies served as: Sweet pepper, cucumber, carrots, tomatoes.

Stuffing served as: wow butter, strawberry jam, cream cheese, unsalted butter.

Digestives/Crackers served as: rice cracker, whole wheat graham wafers, whole wheat arrowroot biscuits, wheat biscuits.

Yogurt served as: Peach, strawberry, blueberry flavour

Meats are served with Regular or Halal meat.



Columbia Childcare Centre Week Two Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack always served with 2% milk and water	Cereal and Fruit	White Cheese and Fruit	Whole Wheat Toast & Wow Butter	Homemade Mix Fruit Muffin and Fruit	Cereal and Fruit
Lunch Always served with milk and water	Mexican Black Beans & White Rice Sliced tomatoes	Teriyaki Chicken with white Rice Broccoli	Pinto Beans and Shredded mozzarella Cheese Burrito Potato Fries	Chicken Fried White Rice with Vegetables Cooked Carrots	Tuna Salad Sandwiches Butternut Squash Soup Crackers
Afternoon Snack	Unsweetened Applesauce & Crackers	Homemade Banana bread	Yogurt and Granola	White Cheese and Crackers	Homemade Banana Loaf and Yogurt

Fruit served as: apples, oranges, bananas, or other seasonal fruit that becomes available

Cereal served as: Rice Krispies, Shreddies, or Cheerios.

Fresh Veggies served as: Sweet pepper, cucumber, carrots, tomatoes.

Stuffing served as: wow butter, strawberry jam, cream cheese, unsalted butter.

Digestives/Crackers served as: rice cracker, whole wheat graham wafers, whole wheat arrowroot biscuits, wheat biscuits.

Yogurt served as: Peach, strawberry, blueberry flavour

Meats are served with Regular or Halal meat.



Columbia Childcare Centre Week Three Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack always served with 2% milk and water	Yogurt & Fruit	Wheat Pancakes & Fruit	Homemade Mix Fruit Muffin & Fruit	Cereal & Fruit	Yogurt & Granola
Lunch Always served with and water	Potato Broccoli soup, grilled White cheese sandwich	Vegetarian Chilli & Whole Wheat Bun w/ Shredded White Cheese	Chicken & vegetable Whole Wheat Lasagne	Baked white Beans in Tomato Sauce, Carrots & Whole Wheat Bun	Durum Wheat Mac and Cheese Chicken Nuggets Cucumber Slices
Afternoon Snack	Fresh Veggies & Dip	Wheat Pita bread	Unsweetened Applesauce & Crackers	Homemade Banana bread & Apple slices	Frozen Assorted Fruit Smoothie

Fruit served as: apples, oranges, bananas, or other seasonal fruit that becomes available

Cereal served as: Rice Krispies, Shreddies, or Cheerios.

Fresh Veggies served as: Sweet pepper, cucumber, carrots, tomatoes.

Stuffing served as: wow butter, strawberry jam, cream cheese, unsalted butter.

Digestives/Crackers served as: rice cracker, whole wheat graham wafers, whole wheat arrowroot biscuits, wheat biscuits.

Yogurt served as: Peach, strawberry, blueberry flavour

Meats are served with Regular or Halal meat.



Columbia Childcare Centre Week Four Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack always served with 2% milk and water	Cereal & Fruit	Whole Grain Oatmeal & fruit	Homemade Mix Fruit Muffin & fruit	Cereal & Fruit	Yogurt & Granola
Lunch Always served with and water	Taco Chips w/ vegetarian ground round and white cheese on white rice	Durum Wheat Fettuccini with assorted Vegetables in Pasta Sauce	Butter chicken, white rice, carrots	Shredded mozzarella cheese on Wheat English Muffin Fresh Veggies Dip	Butternut Squash Soup Tuna Sandwiches
Afternoon Snack	Fresh Veggies & Dip	Round Tortilla chips & salsa	Goldfish crackers	Yogurt & fruit	White Cheese & crackers

Fruit served as: apples, oranges, bananas, or other seasonal fruit that becomes available

Cereal served as: Rice Krispies, Shreddies, or Cheerios.

Fresh Veggies served as: Sweet pepper, cucumber, carrots, tomatoes.

Stuffing served as: wow butter, strawberry jam, cream cheese, unsalted butter.

Digestives/Crackers served as: rice cracker, whole wheat graham wafers, whole wheat arrowroot biscuits, wheat biscuits.

Yogurt served as: Peach, strawberry, blueberry flavour

Meats are served with Regular or Halal meat.