

Early Learning Centre - Winter Menu - Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk , Cereal & Pears Apples, Oranges	Milk , Cereal & Pears, Apples, Bananas	Milk , Cereal & Apples, Bananas, Oranges	Milk , Cereal & Apples, bananas, Pears	Milk , Cereal & pears, apples, Plums
LUNCH (Milk Served Daily)	Beef Bean Chili Brown Rice Cucumber & Baby Carrots	Winter Potage Soup Egg Salad on W.W. Pita Bread Red & Green Peppers	Moroccan Chicken Stew W.W. Couscous Celery and Carrot Sticks	Pizza Cucumber & Carrots Coins	Pasta with Pesto Sautéed Corn, Peas, Carrots and Chickpeas
(Infant Substitute)	(Steamed Carrots)	(Cooked Zucchini)	(Steamed Squash)	(Steamed Peas)	(Steamed Broccoli)
Grain/Bread/Pasta	Brown Rice	W.W. Pita Bread	W.W. Couscous	Pizza Crust	Pasta
Protein	Beef, Beans	Eggs	Chicken, Chickpeas	Ground Tofu	Chickpeas
Protein substitute for children who cannot have above protein	Vegetarian Chili	Cream Cheese on Bread	Tofu-Chickpea Curry		
Vegetables	Cucumbers, Celery, Carrots	Sweet and White Potatoes, Squash, G. & R. Peppers	Tomatoes, Celery, Carrots	Cucumbers, Carrots, G. & R. Peppers	Corn, Peas, Carrots
Afternoon Snack	Raisin Bread with Apple Butter Bananas	Mixed Fruit Crisp Stoned Wheat Thins	Breton Crackers and Marble Cheese Sliced cucumbers	Yogurt with Tangerines Graham Wafer	Hummingbird Cake (Pineapple, Banana, Coconut)
Snack substitute for children who cannot have the above snack	Mini Croissant with Apple Butter Bananas		Pea Butter on Breton Crackers	Soya Pudding with Tangerines Graham Wafer	
Late Afternoon Snack	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room

Early Learning Centre - Winter Menu - Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk, Cereal & Bananas, Kiwi, Pears	Milk, Cereal & Bananas, Pears, Kiwi	Milk, Cereal & pears, Bananas, Kiwi	Milk, Cereal & Kiwi, Bananas, Pears	Milk, Cereal & pears, Apples, Kiwi
LUNCH (Milk Served Daily)	Potato & Cheese Perogies Sour Cream & Fried Onions Veggie- Bean Salad	Chicken Noodle Soup Cream Cheese on W.W. Bagels Cucumber & Tomato Slices	Tofu-Veggie Stew Brown Rice Steamed Broccoli	Beef Enchiladas Sour Cream Carrot & Cucumber Coins	Lasagna Garden Salad
(Infant Substitute)		(Steamed Cauliflower)		(Steamed Carrots)	(Steamed Peas)
Grain/Bread/Pasta	Perogie	W.W. Bagel	Brown Rice	Tortilla	Lasagna Noodle
Protein <hr/> Protein substitute for children who cannot have above protein	Beans Pasta Salad	Chicken Veggie Soup with Peas	Tofu	Beef Tofu Enchiladas	Tofu Pasta with Beef
Vegetable <hr/>	Cucumbers, Tomatoes, Celery, Red Peppers	Squash, Tomatoes, Peas, Potatoes, Cucumbers	Broccoli	Tomatoes, Carrots, Cucumbers	Romaine Lettuce, Cucumbers, Tomatoes
Afternoon Snack Snack substitute for children who cannot have the above snack	Cranberry Cookies Tangerines	Mini Croissant and Vegetables with Tzatziki Dip Mini Croissant and Veggies with Soy Butter	Yogurt with Peaches Stoned Wheat Thins Soy Pudding, Peaches, Stoned Wheat Thins	Cheese-Egg Tarts Fresh Fruit Bowl Cheese Free Pie	Blueberry Oatmeal Muffin Fresh Fruit Bowl
Late Afternoon Snack <hr/>	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room

Early Learning Centre - Winter Menu - Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk, Cereal & Apples, Bananas, Pears	Milk, Cereal & apples, Bananas, Pears	Milk, Cereal & Apples, Bananas, Pears	Milk, Cereal & Apples, pears, Bananas	Milk, Cereal & Pears, Apples, Kiwi
LUNCH (Milk Served Daily)	Stir Fried Tofu with Corn, Peas & Carrots Basmati Rice Tomato Slices	Vegetable Soup Turkey Sandwiches Carrots and Celery	Red Pepper- Spinach Quiche Cucumber, Tomato and Chickpea Salad	Tuna Buns Cucumbers and Tomatoes	Spaghetti with Beef- Tomato Sauce Green Salad
(Infant Substitute)	(Fried Tomatoes)	(Steamed Squash)	(Steam Zucchini)	(Steamed Cauliflowers)	
Grain/Bread/Pasta	Basmati Rice	Zucchini Carrot Bread	Pie Crust	W.W. English Bun	Spaghetti Noodle
Protein	Tofu	Turkey	Eggs	Tuna	Beef
Protein substitute for children who cannot have above protein		Soy Butter on Bread	Vegetarian Chili		Tofu
Vegetables	Tomatoes, Carrots, Corn, Peas	Squash, Celery, Carrots, Potatoes Sweet Potatoes	Red Peppers, Spinach, Cucumbers, Tomatoes	Tomatoes, Celery, Cucumbers	Romaine Lettuce, English Cucumbers, Green Peppers, Celery
Afternoon Snack	W.W. English Muffin- Cheese Melts Cucumber Slices	Blueberry Waffles with Maple Syrup and Cantaloupes	Peach Raspberry Cake	Yogurt with Granola and Pears	Tortilla Chips with Salsa, Marble Cheese
Snack substitute for children who cannot have the above snack	W.W. English Muffin with Apple Butter			Soya Pudding With Granola and Pears	Tortilla Chips with Bean Salsa
Late Afternoon Snack	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room

Early Learning Centre - Winter Menu - Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Milk, Cereal & Apples, Pears, Oranges	Milk, Cereal & Apples, Oranges, Bananas	Milk, Cereal & Apples, Bananas, Oranges	Milk, Cereal & Apples, Bananas, Oranges	Milk, Cereal & Pears, Apples, Kiwi
LUNCH (Milk Served Daily)	Thai Curry Tofu Brown Rice Green Peppers & Red Peppers	Minestrone Soup Egg Salad on Pumpernickel Bread Tomatoes and Celery	Chicken Chili with Beans W.W. Quinoa Cucumbers and Baby Carrots	Shepherd's Pie Diced Tomatoes, Shredded Lettuce	Pasta With Tofu- Tomato Sauce Green Salad
(Infant Substitute)	(Steamed Cauliflower)	(Cooked Tomatoes)	(Steamed Carrots)	(Steamed Squash)	(Steamed Peas)
Grain/Bread/Pasta	Brown Rice	Pumpernickel Bread	W.W. Quinoa	Pie Crust	Pasta
Protein	Tofu	Egg	Chicken, Bean	Beef	Tofu Meat
Protein substitute for children who cannot have above protein		Cream Cheese on Pumpernickel Bread	Tofu Chili	Vegetarian Pie	
Vegetables	Green Peppers, Red Peppers	Carrots, Peas, Tomatoes, Celery	Cucumbers, Carrots	Tomatoes, Peas, Romaine Lettuce, Carrots, Potatoes	Tomatoes, Cucumbers, Romaine Lettuce
Afternoon Snack	Stoned Wheat Thins Sliced Marble Cheese Cucumber Coins	Oatmeal-Coconut Bars Fresh Fruit Bowl	W.W. Bagels with Cream Cheese Tangerines	Fruit Crumble with Yogurt and Graham Crackers	Lemon Poppy seed-Yogurt Cake Fresh Fruit Bowl
Snack substitute for children who cannot have the above snack	Apple Butter on Crackers		Soy Butter on Bagel	Soya Pudding with fruit and Crackers	Dairy Free Cake
Late Afternoon Snack	Whole grain crackers, water, milk, juice are available in the room	Whole grain crackers, water, milk, juice are available in the room	Whole grain crackers, water, milk, juice are available in the room	Whole grain crackers, water, milk, juice are in the room	W. grain crackers, water, milk, juice are in the room