

HAMILTON • WENTWORTH
Catholic Child Care Centres

MENU

Week 1 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	W.W. Cereal Trail Mix Fresh Fruit 2%Milk or Water	Yogurt Parfait w/ Granola Fresh Fruit 2%Milk or Water	Raisin Bread w/ Margarine Fresh Fruit 2%Milk or Water	W.W Crackers w/ Cream Cheese Fresh Fruit 2%Milk or Water	W.W. English Muffin Wow Butter Fresh Fruit 2%Milk or Water
Lunch	Cheese Ravioli w/ Spinach Mixed Veg W.W Garlic Bread Fresh Fruit 2%Milk or Water	Jerk Chicken w/ Beans & W.W Rice Coleslaw Fresh Fruit 2%Milk or Water	Baked Fish w/ Couscous Salad Fresh Fruit 2%Milk or Water	Beef & Broccoli Stir Fry w/ W.W. Noodles or Rice Fresh Fruit 2%Milk or Water	Minestrone Soup w/ W.W Cheesy Garlic Bread Fresh Fruit 2% Milk or Water
PM Snack	Graham Crackers Unsweetened Applesauce Fresh Fruit 2%Milk or Water	W.W. Crackers & Cheese Cubes Fruit or Veggie Sticks 2%Milk or Water	Energy Bites Or Squares Fresh Fruit 2%Milk or Water	W.W. Pita w/ Veggies & Dip 2%Milk or Water	W.W Tortilla w/ Shredded cheese and Cucumbers or Fresh Fruit 2%Milk or Water

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Week 2 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Plain Rice Cakes w/ Wow Butter Fresh Fruit 2%Milk or Water	W.W. Bread w/ Cinnamon & Margarine Fresh Fruit 2%Milk or Water	W.W Cereal Trail Mix Fresh Fruit 2%Milk or Water	W.W Pita w/ Cream Cheese Fresh Fruit 2%Milk or Water	Yogurt w/ Frozen Fruit or Smoothies 2%Milk or Water
Lunch	Ground Turkey w/ Mushrooms & Quinoa Salad Fresh Fruit 2%Milk or Water	Steak Fajitas W.W. Tortillas w/ Corn and Pepper Salsa & W.W Rice Fresh Fruit 2%Milk or Water	Sliders w/ W.W. Buns & Coleslaw Fresh Fruit 2%Milk or Water	Butter Chicken w/ W.W Rice & Seasonal Vegetable Fresh Fruit 2%Milk or Water	Coconut Lime Fish w/ Rice Pilaf Fresh Fruit 2%Milk or Water
PM Snack	W.W. Tortilla Salsa/Hummus & Veggies 2%Milk or Water	W.W. Crackers & Fruit Spread Fresh Fruit 2%Milk or Water	Spinach Dip w/ Fresh Veggies 2%Milk or Water	Granola & Unsweetened Applesauce 2%Milk or Water	W.W Goldfish Crackers Fresh Fruit 2%Milk or Water

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Week 3 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	W.W. Bagels w/ Cream Cheese Fresh Fruit 2%Milk or Water	W.W Cereal Trail Mix Fresh Fruit 2%Milk or Water	W.W. English Muffin w/ Fruit Spread Fresh Fruit 2%Milk or Water	Raisin Bread w/ Margarine Fresh Fruit 2%Milk or Water	Yogurt Parfait Fresh Fruit 2%Milk or Water
Lunch	Cooks Choice Vegetarian soup w/ Cheesy Garlic Bread Fresh Fruit 2%Milk or Water	Stuffed Pepper Casserole (Ground Chicken/Turkey) w/ W.W. Rice Fresh Fruit 2%Milk or Water	Meatloaf w/ Potatoes & Seasonal Vegetables Fresh Fruit 2%Milk or Water	Quesadillas w/ W.W. Tortillas Tex Mex Slaw (Corn, salsa, cheese) Fresh Fruit 2%Milk or Water	Greek Chicken w/ Tomato & Cucumber Salad & W.W Pita Fresh Fruit 2%Milk or Water
PM Snack	W.W Crackers w/ Cheese & Fresh Veggie Sticks 2%Milk or Water	Plain Rice Cakes w/ Wow Butter Fresh Fruit 2%Milk or Water	Yogurt Dip Fresh Fruit Cubes 2%Milk or Water	W.W. Melba Toast w/ Hummus Cucumber Slices 2%Milk or Water	W.W. Tortilla Wedges w/ Fruit Salsa 2%Milk or Water

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Week 4 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Unsweetened Applesauce w/ Graham Crackers 2%Milk or Water	W.W. Bread w/ Fruit Spread Fresh Fruit 2%Milk or Water	Yogurt Parfait w/ Fresh Fruit 2%Milk or Water	W.W Cereal Trail Mix Fresh Fruit 2%Milk or Water	W.W. Bagels w/ Cream Cheese Fresh Fruit 2%Milk or Water
Lunch	Curry Chick Peas & Fresh Veggies w/ Basmati Rice or W.W Naan Fresh Fruit 2%Milk or Water	Plant based or Beef Sheppard's Pie w/ Pea's and Corn Fresh Fruit 2%Milk or Water	W.W. Pancakes Turkey Bacon/Sausages Pepper, Onions & Potato Hash Fresh Fruit 2%Milk or Water	Sweet & Sour Chicken w/ Wild Rice & Seasonal Veggies Fresh Fruit 2%Milk or Water	Baked Fish w/ W.W Pasta Salad(Homemade Dressing) Fresh Fruit 2%Milk or Water
PM Snack	W.W. Breadsticks Cheese Fresh Fruit 2%Milk or Water	Watermelon w/ Yogurt & Frozen Berries 2% Milk or Water	Plain Rice Cakes w/ Wow Butter Fresh Fruit 2%Milk or Water	Bean & Vegetable Salad w/ Homemade Dressing 2%Milk or Water	W.W. Pita Pizzas (shredded cheese, sauce) Fresh Veggies Or Fruit 2%Milk or Water