

**Preschool Canada Menu**

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack:** | Multi Grain Cheerios  and Milk | Whole Grain Bagels with Cream Cheese & Apple  Milk | Yogurt, Fruit  and Milk | Rice Cakes and Apple sauce  Milk | Multi Grain Cheerios  and Milk |
| **Lunch:** | Pasta in tomato meat sauce, Mixed Veg  In Season Fruit  Milk  **Vegetarian option:**  Pasta with tofu and  bean sauce | Grilled cheese sandwich, with meatballs in tomato sauce, mixed veg  In Season Fruit  Milk  **Vegetarian option:**  chickpea balls in  tomato sauce | Rice with chicken, served with sweet corn  In Season Fruit  Milk  **Vegetarian** **option:**  Rice served with broccoli bites with cheddar cheese | Alfredo Pasta with broccoli and chicken, whole wheat Bread  In Season Fruit  Milk  **Vegetarian** **option:**  Replace chicken with Tofu | Chicken noodle Soup with mixed veg,  WW bread  In Season Fruit  Milk  **Vegetarian option:**  Tofu noodle soup |
| **Afternoon Snack:** | Graham Crackers  with yogurt | Rice Cakes and Apple sauce | Nan Bread, Ranch Dip and cucumbers | Goldfish crackers  and Oranges | Whole Grain Bagels with Cream Cheese and Banana |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack:** | Yogurt, Fruit  and Milk | Graham Crackers  with yogurt  Milk | Rice Cakes and apple sauce  Milk | Multi Grain Cheerios  and Milk | Whole Grain Bagels with Cream Cheese and Oranges  Milk |
| **Lunch:** | Grilled cheese sandwich with meatballs in tomato sauce, mixed veg  In Season Fruit  Milk  **Vegetarian option:**  chickpea balls in  tomato sauce | Rice with chicken, served with sweet corn  In Season Fruit  Milk  **Vegetarian option**  Rice served with broccoli bites | Pasta in tomato meat sauce, Mixed Veg  In Season Fruit  Milk  **Vegetarian option:**  Pasta with tofu and bean sauce | Baked macaroni and cheese with meat balls in tomato sauce, cucumbers  In Season Fruit  Milk  **Vegetarian option:**  chickpea balls in  tomato sauce | Homemade pizza with veggies, chicken  In Season Fruit  Milk  **Vegetarian option:**  Replace chicken with Tofu |
| **Afternoon Snack:** | Nan Bread, Ranch Dip  and cucumbers | WW crackers with cheese and cantaloupe | Goldfish crackers  and apples | Whole Wheat Bread with butter and cucumbers | Rice Cakes and apple sauce |



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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack:** | Multi Grain Cheerios  and Milk | Whole Grain Bagels  with cream cheese and Oranges  Milk | Rice Cakes and Apple sauce  Milk | Yogurt, Fruit  and Milk | Graham Crackers  with yogurt  Milk |
| **Lunch:** | Rice with chicken, served with sweet corn  In Season Fruit  Milk    **Vegetarian option:**  Rice served with  broccoli bites | Alfredo pasta with broccoli, chicken  In Season Fruit  Milk    **Vegetarian option:**  Replace chicken  with Tofu | Grilled cheese sandwich, with meatballs in tomato sauce, mixed veg  In Season Fruit  Milk  **Vegetarian option:**  chickpea balls in  tomato sauce | Chicken sloppy Joes with mixed vegetables &  In Season Fruit  Milk  **Vegetarian option:**  Replace chicken  with mixed beans | Chicken noodle Soup with mixed veg,  WW bread  In Season Fruit  Milk  **Vegetarian option:**  Tofu noodle soup |
| **Afternoon Snack:** | Rice cake and apple sauce | Goldfish crackers and Cantaloupe | Nan Bread, Ranch Dip and cucumbers | Whole Wheat Bread with Cream Cheese  and Oranges | WW crackers with cheese  and Bananas |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack:** | Multi Grain Cheerios  and Milk | Graham Crackers  with yogurt  Milk | Multi Grain Cheerios  and Milk | Whole Grain Bagels with cream cheese  and Oranges  Milk | Multi Grain Cheerios  and Milk |
| **Lunch:** | Baked macaroni and cheese with meat balls in tomato sauce, cucumbers  In Season Fruit  Milk  **Vegetarian option:**  chickpea balls in  tomato sauce | Chicken noodle Soup with mixed veg,  WW bread  In Season Fruit  Milk  **Vegetarian option:**  Tofu noodle soup | Chicken sloppy Joes with mixed vegetables &  In Season Fruit  Milk  **Vegetarian option:**  Replace chicken  with mixed beans | Rice with chicken, served with sweet corn  In Season Fruit  Milk  **Vegetarian option:**  Rice served with  broccoli bites | Homemade pizza with veggies, chicken  In Season Fruit  Milk  **Vegetarian option:**  Replace chicken with Tofu |
| **Afternoon Snack:** | Goldfish crackers and Cantaloupe | Whole Wheat Bread with Cream Cheese  and Oranges | Nan Bread, Ranch Dip and cucumbers | Rice cake and apple sauce | WW crackers with cheese  and apples |