

**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 & AppleMilk | Yogurt, Fruitand Milk | Rice Cakes and Apple sauceMilk | Multi Grain Cheerios and Milk |
| **Lunch:** | Pasta in tomato meat sauce, Mixed Veg In Season FruitMilk**Vegetarian option:**Pasta with tofu and bean sauce | Grilled cheese sandwich, with meatballs in tomato sauce, mixed veg In Season FruitMilk**Vegetarian option:**chickpea balls intomato sauce | Rice with chicken, served with sweet corn In Season FruitMilk**Vegetarian** **option:**Rice served with broccoli bites with cheddar cheese | Alfredo Pasta with broccoli and chicken, whole wheat Bread In Season FruitMilk**Vegetarian** **option:**Replace chicken with Tofu  | Chicken noodle Soup with mixed veg, WW bread In Season FruitMilk**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 yogurtMilk | Rice Cakes and apple sauceMilk | Multi Grain Cheerios and Milk | Whole Grain Bagels with Cream Cheese and OrangesMilk |
| **Lunch:** | Grilled cheese sandwich with meatballs in tomato sauce, mixed veg In Season FruitMilk**Vegetarian option:**chickpea balls in tomato sauce  | Rice with chicken, served with sweet corn In Season FruitMilk**Vegetarian option**Rice served with broccoli bites  | Pasta in tomato meat sauce, Mixed Veg In Season FruitMilk**Vegetarian option:**Pasta with tofu and bean sauce | Baked macaroni and cheese with meat balls in tomato sauce, cucumbers In Season FruitMilk**Vegetarian option:**chickpea balls in tomato sauce  | Homemade pizza with veggies, chickenIn Season FruitMilk**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 OrangesMilk | Rice Cakes and Apple sauceMilk | Yogurt, Fruitand Milk | Graham Crackers with yogurtMilk |
| **Lunch:** | Rice with chicken, served with sweet cornIn Season FruitMilk **Vegetarian option:**Rice served with broccoli bites  | Alfredo pasta with broccoli, chickenIn Season FruitMilk **Vegetarian option:**Replace chicken with Tofu  | Grilled cheese sandwich, with meatballs in tomato sauce, mixed vegIn Season FruitMilk**Vegetarian option:**chickpea balls in tomato sauce | Chicken sloppy Joes with mixed vegetables & In Season FruitMilk**Vegetarian option:**Replace chicken with mixed beans  | Chicken noodle Soup with mixed veg, WW bread In Season FruitMilk**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 Cheeseand 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 OrangesMilk | Multi Grain Cheerios and Milk |
| **Lunch:** | Baked macaroni and cheese with meat balls in tomato sauce, cucumbers In Season FruitMilk**Vegetarian option:**chickpea balls in tomato sauce  | Chicken noodle Soup with mixed veg, WW bread In Season FruitMilk**Vegetarian option:**Tofu noodle soup | Chicken sloppy Joes with mixed vegetables & In Season FruitMilk**Vegetarian option:**Replace chicken with mixed beans  | Rice with chicken, served with sweet corn In Season FruitMilk**Vegetarian option:**Rice served with broccoli bites  | Homemade pizza with veggies, chickenIn Season FruitMilk**Vegetarian option:**Replace chicken with Tofu |
| **Afternoon Snack:** | Goldfish crackers and Cantaloupe | Whole Wheat Bread with Cream Cheeseand Oranges  | Nan Bread, Ranch Dip and cucumbers | Rice cake and apple sauce | WW crackers with cheese and apples  |