



CHILD ENRICHMENT CENTRE- SAMPLE Spring Menu

	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
AM Snack (7:00-8:00)	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
AM Snack	Bagels Cream Cheese Canned Fruit Milk	Bacon W/ Breakfast Crackers Fresh Fruit Milk	Yogurt Parfait Canned Fruit Milk	Apple Crisp Canned Fruit Milk	Oatmeal Canned Fruit Milk
Lunch	Veggie Burgers Steamed Green Beans Milk	Tuscan Wedding Soup Bread Sticks Cucumbers Milk	Fried Ham Scalloped Potato Caesar Salad Milk	Beef Casserole Pasta Carrot Sticks Milk	Crab Cakes Pasta Salad Sliced Tomatoes Milk
PM Snack	Egg Salad Wheat Crackers Fresh Fruit Water	Raisin Toast Fresh Fruit Water	Spinach Dip Raw Veggies Water	Tiger Bars Fresh Fruit Water	Cranberry/ Cheerio Nibbles Fresh Fruit Water

CHILD ENRICHMENT CENTRE- SAMPLE Summer Menu



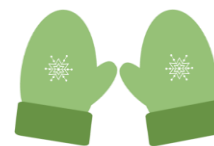
	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
AM Snack ¹ (7:00-8:00)	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
AM Snack	Cottage Cheese Salsa/Pita Sandwich Canned Fruit Milk	Granola Fresh Fruit Milk	Bologna Wheat Toast Canned Fruit Milk	Scrambled Eggs Wheat crackers Chocolate Milk	Cheese Toast Canned Fruit Milk
Lunch	Cool Cucumber Noodle salad Steamed Greens Milk	Pulled Pork Sandwich Apple Coleslaw Milk	Beef / Macaroni Salad Tomato Slices Milk	Chicken Breast Kale Caesar Salad Garlic Toast Milk	Basa Brown Rice Salad Veggie Sticks Milk
PM Snack	Mini Pizza on Flat Bread Fresh Fruit Water	Jello Lemon Muffins Fresh Fruit Water	Old Dutch Caramel Corn Fruit Water	Burrito Bites Fresh Fruit Water	Sherbet Animal Crackers Fruit Water

CHILD ENRICHMENT CENTRE- SAMPLE FALL Menu



	Meatless Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (7:00-8:00)	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
AM Snack	Hard Boiled Eggs Cheese/Tomato English Muffin Milk	Yogurt Bran Muffins Milk	Red River Canned Fruit Milk	Granola Bars Fresh Fruit Milk	Rice Pudding Fruit Milk
Lunch	Veggie Soup Cucumber Sticks Multi Buns Milk	Chicken Stir Fry Brown Rice Fortune Cookies Milk	Roast Beef Sandwiches Caesar Salad Milk	Perogies Sausages Sauerkraut Salad Milk	Tilapia Fettuccine Alfredo Steamed Veggies
PM Snack	Cheese wraps Fresh Fruit Water	Custard tarts Fresh Fruit Water	Rice Cakes Veggie Sticks Water	Oatmeal Cookie Fresh Fruit Water	Strawberry S'mores Water

CHILD ENRICHMENT CENTRE- SAMPLE Winter Menu



	Meatless Monday	Tuesday	Wednesday	Thursday	Fish Friday
AM Snack (6:30-8:00)	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk	Cereal Milk
AM Snack	French Toast Canned Fruit Milk	Oatmeal Fresh Fruit Milk	Cottage Cheese Pies Canned Fruit Milk	Cheese/Cranberry Bread Fresh Fruit Milk	Fried Ham W/Hash browns Fresh Fruit Milk
Lunch	Sweet/Sour Tofu Fried Rice With Veggies Milk	Beef Stew Cucumber Polenta Bread Milk	Monte Cristo Sandwiches With Ham Pickles Milk	Roasted Chicken Mashed Potatoes Toss Salad Milk	Tuna Greek Pasta Salad Garlic Toast Milk
PM Snack	English Muffins Pizzas Fresh Fruit Water	Chocolate Banana Bread Fresh Fruit Water	Refried Beans/Salsa Corn Chips Mixed Peppers Water	White Chocolate Pretzels Fresh Fruit Water	Fruit Tarts Bananas Water