

Winter Menu 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with Milk
AM Snack	Oatmeal Cranberries	Smoothie Biscuit	Raisin toast Apple sauce	Scones Fruit	Bagels with cream cheese Fruit
Lunch	Pizza Pasta salad Cucumbers Fruit	Meatballs Rice Vegetables Fruit	Macaroni & cheese Vegetables Fruit	Tomato soup Grilled cheese Fruit	Beef chili Nacho chips Fruit
PM Snack	Nutri-Grain bar Fruit	Cheese Crackers Cucumbers	Loaf Fruit	Apples Graham crackers Cream cheese/wow butter	Cookies Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch. Older children will be given a choice between milk and water at breakfast and lunch. All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

Winter Menu 2025

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Pancakes Fruit	Tea biscuits Fruit	Muffins Fruit	Scrambled eggs Toast	Smoothie Biscuit
Lunch	Chicken fingers Rice Vegetables Fruit	Honey garlic sausages Hashbrown casserole Fruit	Beef barley soup Buttered bread Fruit	Chicken pot pie Vegetables Fruit	Cheddar cauliflower soup Herb & garlic scones Fruit
PM Snack	Ham dip Crackers Cucumbers	Granola bar Fruit	Apple crisp	Rice cakes Fruit	Loaf Fruit

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Winter Menu 2025

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Yogurt biscuit	Toast with jam Fruit	Oatmeal Craisins	Waffles Fruit	Smoothie Biscuit
Lunch	Ham Scalloped potatoes Vegetable Fruit	Cheese & spinach quiche Hashbrowns Fruit	Pasta & Meatsauce with hidden veggies Garlic Bread Fruit	Chicken quesadilla Cauliflower bites Fruit	Goulash Bretons Fruit
PM Snack	Nutri-Grain bar Fruit	Ham dip Crackers Cucumber	Apples Graham crackers Cream cheese or wow butter	Loaf Fruit	Oatmeal squares

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Winter Menu 2025

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Pancakes	Waffles Apple sauce	Scrambled eggs Toast	Smoothie Biscuit	Overnight oats Raisins
Lunch	Assorted sandwiches Veggies & dip Fruit	Pork & apple meatloaf Mashed potatoes Vegetables Fruit	Leek & potato soup Buttered bread Fruit	Chicken divan Bretons Fruit	Hamburgers Pasta salad with vegetables Fruit
PM Snack	Loaf Fruit	Granola bar Fruit	Chicken dip Crackers Cucumbers	Rice cakes Fruit	Cheese Crackers Fruit

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