

HAMILTON • WENTWORTH

# Catholic Child Care Centres

## MENU

### Week 1 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	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
<b>Lunch</b>	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
<b>PM Snack</b>	W.W. Crackers Cheese Cubes  Fresh Fruit  2%Milk or Water	W.W. Pita Tzatziki  Fruit or Veggie Sticks  2%Milk or Water	Energy Bites  Fresh Fruit  2%Milk or Water	W.W. Crackers w/ Veggies & Dip  2%Milk or Water	W.W Tortilla w/ Shredded cheese and Cucumbers Fresh Fruit  2%Milk or Water

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### Week 2 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Plain Rice Cakes w/ Fruit Spread  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	W.W. Crackers w/  Fresh Fruit Salad  2%Milk or Water
<b>Lunch</b>	Ground Turkey w/ Mushrooms & Quinoa Salad  Fresh Fruit  2%Milk or Water	Steak Fajitas W.W. Tortillas Corn and Peppers & 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	Chickpea, Egg & Tuna w/ W.W Pasta w/ Garden Salad(homemade dressing) Fresh Fruit  2%Milk or Water
<b>PM Snack</b>	W.W. Tortilla Salsa/Hummus  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	Frozen Fruit & Yogurt  2%Milk or Water

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## MENU

### Week 3 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	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
<b>Lunch</b>	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	Tacos 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
<b>PM Snack</b>	Goldfish Crackers w/ 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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## MENU

### Week 4 - Spring/Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Unsweetened Applesauce w/ Graham Crackers  2%Milk or Water	W.W. Bread w/ Fruit Spread Fresh Fruit  2%Milk or Water	Yogurt Parfait  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
<b>Lunch</b>	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	Tuna Melts w/ W.W bread/buns & Garden Salad(Homemade Dressing)  Fresh Fruit  2%Milk or Water
<b>PM Snack</b>	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	Garden Salad w/ Fresh Veggies Homemade Dressing & W.W Croutons  2%Milk or Water	W.W. Pita Pizzas (shredded cheese, sauce)  Fresh Veggies Or Fruit 2%Milk or Water