

The Charlotte Birchard Centres of Early Learning

Sample Menu 1

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cereal Fresh Fruit Milk	Raisin Bread Margarine Fresh Fruit Milk	Quinoa Cranberry Breakfast Bar Fresh Fruit Milk	Fruit smoothie Graham Crackers Water	Hot Oatmeal Fresh Fruit Milk
Main Course	Tofu Vermicelli Bowl Milk	Pulled Pork Ciabatta Slaw ✂ Tofu Bake Milk	Curried Lentils Brown Rice Chef's Salad Milk	Chicken Shawarma Lettuce Garlic Sauce Hummus Pickles ✂ Falafel Milk	Beef & Black Bean Quesadillas Salsa Guacamole Chef's Salad ✂ Black Bean Milk
Afternoon Snack	Apple sauce Graham crackers Fresh Fruit Water	Crackers Cheese Fresh Fruit Water	Fruit Yogurt Granola Fresh Fruit Water	Pumpnickel Spinach Dip Sliced Cucumber Water	Vegan Strawberry Rhubarb Cobbler Fresh Fruit Water

✂ Vegetarian Option