

# The Charlotte Birchard Centres of Early Learning

## Sample Menu 2

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	WW Toast Soy Butter  Fresh Fruit  Milk	Berry, Oat Energy Bites  Fresh Fruit  Milk	Blueberry Bagels W/Margarine  Fresh Fruit  Milk	Cereal – Cheerios  Fresh Fruit  Milk	English Muffins W/Margarine  Fruit Salad  Milk
<b>Main Course</b>	Beef and Cheese Pasta Bake  Chef's Salad  ✘ TVP Pasta Bake  Milk	Chicken A La King  Brown Rice Steamed  Vegetable Medley  ✘ Chickpea A La King  Milk	Oat Crusted Cod Fillets  Oven Baked Golden Potatoes  Coleslaw  Milk	Cheese Pizza With Red Lentil Carrot Tomato Sauce  Chef's Salad  Milk	Vegetable Quinoa Ratatouille  Parsley Potatoes  Milk
<b>Afternoon Snack</b>	Yogurt W/Homemade Granola  Mixed Blueberries  Water	Freshly Baked Cinnamon Loaf  Fresh Fruit  Water	Soy Butter Banana Pinwheels  Fresh Fruit  Water	Applesauce  Graham Crackers  Water	Ritz Crackers  White Cheddar  Fresh Fruit  Water

✘ Vegetarian

✘ TVP – Textured Vegetarian Protein