

The Charlotte Birchard Centres of Early Learning

Sample Menu 2

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	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
Main Course	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
Afternoon Snack	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