

# Childcare Spring/Summer 2024

REGULAR



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Garlic Chicken Penne with Peas & Carrots  Fruit	Perogies with Sour Cream Power Mix  Fruit	Cheese Pita Pizza Fresh Assorted Veggies  Fruit	Beefaroni Diced Carrots  Fruit	Crunchy Chicken Wrap w/Ranch Dressing  Fruit
PM Snack					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Sweet & Sour Chicken with Whole Grain Rice Oriental Veggies  Fruit	Whole Wheat Grilled Cheese Sandwich w/ Mini Carrots&Dip  Fruit	Turkey Sandwich Sliced Cucumbers  Fruit	WW Pasta & Beef Meatballs in Homemade Tomato Sauce w/ Diced Carrots  Fruit	Farmer's Fruit & Veggie Plate w/ Hardboiled Egg & Whole Wheat Roll  Fruit
PM Snack					



All our meals meet or exceed the requirements of the Early Childhoods Education Act. We are fully COVID-19 safety aware with contactless delivery options.

theLunchLady.ca

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Chicken Strips w/ Rice and Corn Nibbles Fruit	Homemade Mac & Cheese w/ Power Veggies Fruit	Little Fish Burger on Whole Wheat Bun Potato Wedges Fruit	Chicken and Cheese Quesadilla w/Salsa Sauce Fruit	All Day Breakfast with Whole Grain Pancakes, and Egg Omelet Fruit
PM Snack					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Butter Chicken with Whole Grain Rice Steamed Veggies Fruit	Whole Wheat Sunshine Sandwich Tomato&Cucumber Salad Fruit	Baked Fish Fingers w/WW Dinner Roll Veggies Fruit	BBQ Meatballs w/Potato Wedges & Corn Fruit	Ranch Cold Chicken & Peas Pasta Salad Fruit
PM Snack					

Menu items are subject to change Substitutions will be made for allergies and dietary restrictions. Water is available at each meal, snack time and throughout the day.



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