

# Childcare Fall/Winter 2024-2025

## REGULAR MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>					
<b>Lunch</b>	Chicken and Egg Fried Whole Grain Rice Diced Carrots  Fruit	Beefaroni  Diced Carrots  Fruit	Lightly Breaded Sole with Whole Grain Rice Corn Niblets  Fruit	Chicken and Cheese Quesadilla w/Salsa Sauce  Fruit	Tomato Soup with Rice Dinner Roll  Fruit
<b>PM Snack</b>					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>					
<b>Lunch</b>	Butter Chicken with Whole Grain Rice  Oriental Veggies  Fruit	Whole Wheat Grilled Cheese Sandwich with Carrots and Cucumber Slices  Fruit	Baked Fish Fingers w/WW Bun  Diced Carrots  Fruit	WW Pasta & Beef Meatballs in Homemade Tomato Sauce w/ Diced Carrots  Fruit	All Day Breakfast with Whole Grain Pancakes, and Egg Omelet  Fruit
<b>PM Snack</b>					

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.



[info@thelunchlady.ca](mailto:info@thelunchlady.ca) | /1-800-603-6656

theLunchLady.ca

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## REGULAR MENU



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>					
<b>Lunch</b>	Chicken Strips Whole Grain Rice and Corn Fruit	Homemade Mac & Cheese with Beef Meatballs California Veggies Fruit	Little Fish Burger on Whole Wheat Bun Potato Wedges Fruit	Perogies with Sour Cream Power Mix Fruit	Chicken Noodle Soup with Vegetables Garlic Stick Fruit
<b>PM Snack</b>					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>					
<b>Lunch</b>	Parm Chicken with Whole Grain Rice Steamed Veggies Fruit	Whole Wheat Sunshine Sandwich Tomato&Cucumber Salad Fruit	Tuna Tomato Penne Veggies Fruit	BBQ Meatballs w/Potato Wedges & Corn Fruit	All Day Breakfast with Whole Grain Pancakes, and Egg Omelet Fruit
<b>PM Snack</b>					

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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