

Parkwood Children's Centre Menu

Spring/Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal	Toast	Palacinky	Fruit muffin	Bagel
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
Lunch	Mac and Cheese	Stir fry/WG	Quiche	Fish	Chicken Pasta
	Beans	Tofu or Meat	Vegetable	Whole Grain	Vegetables
	Vegetable	Vegetable	Fruit	Side Dish	Fruit
	Fruit	Fruit		Vegetable & Fruit	l'i dic
	Milk	Milk	Milk	Milk	Milk
PM Snack	Baked Chips	Homemade	Fruit crisp	Bread	Cookie/Loaf
	Grain/Fruit	Granola Bars/Fruit	Cheese	Fruit	Vegetable
	Water	Water	Water	Water	Water
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal	English Muffin	French Toast	Vegetable Muffin	Yogourt
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk		
	Meat Sandwich	Chicken Souvlaki	Fish	Milk Soup/Beans	Water Adopt lombalava
Lunch	Bean Salad	WG Bread	Grain Side Dish	Whole Grain	Meat Jambalaya Grain Side Dish
	Vegetable	Vegetable	Vegetable	Vegetable	
	Fruit	Fruit	Fruit	Fruit	Vegetable Fruit
	Milk	Milk	Milk	Milk	Milk
	Baked item	Milk Pudding	Vegetable	Trail Mix	Hummus
PM Snack	Fruit	Fruit	Cheese & Cracker	Fruit	
					Bread/Fruit
	Water	Water	Water	Water	Water
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal	Bagel	Pancakes	Toast	Muffin
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
	Soup with Beans	Meat Pasta	Quiche	Protein	WG breaded fish
	Whole Grain			Quesadillas	Roasted Potatoes
Lunch	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
t	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk
	Yogourt Bars	Fruit	Vegetable Loaf	Bread And Dip	Bannock
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PM Snack	Fruit &Cookie	Cheese & Cracker	Fruit	Fruit	Fruit
PM Snack	1 "	1			Fruit Water
	Fruit &Cookie	Cheese & Cracker	Fruit	Fruit	
	Fruit &Cookie Water	Cheese & Cracker Water	Fruit Water	Fruit Water	Water
Week 4	Fruit &Cookie Water Monday	Cheese & Cracker Water Tuesday	Fruit Water Wednesday	Fruit Water Thursday	Water Friday
Week 4	Fruit &Cookie Water Monday Cereal	Cheese & Cracker Water Tuesday Toast	Fruit Water Wednesday Yogourt/Fruit	Fruit Water Thursday Fruit muffin	Water Friday English Muffin Fruit
Week 4	Fruit &Cookie Water Monday Cereal Fruit	Cheese & Cracker Water Tuesday Toast Fruit Milk	Fruit Water Wednesday Yogourt/Fruit Granola Milk	Fruit Water Thursday Fruit muffin Fruit	Water Friday English Muffin Fruit MIIk
Week 4	Fruit &Cookie Water Monday Cereal Fruit Milk	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza	Fruit Water Thursday Fruit muffin Fruit Milk	Water Friday English Muffin Fruit MIIk Egg Sandwich
Week 4	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain	Cheese & Cracker Water Tuesday Toast Fruit Milk	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain
Week 4	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain Vegetable	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger Vegetable	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu Vegetable	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish Vegetable	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain Vegetable
Week 4	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain Vegetable Fruit	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger Vegetable Fruit	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu Vegetable Fruit	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish Vegetable Fruit	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain Vegetable Fruit
Week 4	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain Vegetable Fruit Milk	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger Vegetable Fruit Milk	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu Vegetable Fruit Water	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish Vegetable Fruit Milk	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain Vegetable Fruit Milk
Week 4 AM Snack Lunch	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain Vegetable Fruit Milk Rice cakes	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger Vegetable Fruit Milk Pao De Quello	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu Vegetable Fruit Water Baked Chips	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish Vegetable Fruit Milk Fruit Roll up	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain Vegetable Fruit Milk Frozen Yogourt
Week 4 AM Snack Lunch	Fruit &Cookie Water Monday Cereal Fruit Milk Meat Enchilada Whole Grain Vegetable Fruit Milk	Cheese & Cracker Water Tuesday Toast Fruit Milk Meat Burger Vegetable Fruit Milk	Fruit Water Wednesday Yogourt/Fruit Granola Milk Vegetarian Pizza Shredded Tofu Vegetable Fruit Water	Fruit Water Thursday Fruit muffin Fruit Milk Fish Grain Side Dish Vegetable Fruit Milk	Water Friday English Muffin Fruit MIIk Egg Sandwich Whole Grain Vegetable Fruit Milk

When pasta, baked items, bread and crackers are served, they are whole grain. We also serve one green vegetable daily and one orange vegetable 2-3 times per week.

We also include one egg or fish alternative and one plant-based option per week.