



Parkwood Children's Centre Menu

Spring/Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	Toast Fruit Milk	Palacinky Fruit Milk	Fruit muffin Fruit Milk	Bagel Fruit Milk
Lunch	Mac and Cheese Beans Vegetable Fruit Milk	Stir fry/WG Tofu or Meat Vegetable Fruit Milk	Quiche Vegetable Fruit Milk	Fish Whole Grain Side Dish Vegetable & Fruit Milk	Chicken Pasta Vegetables Fruit Milk
PM Snack	Baked Chips Grain/Fruit Water	Homemade Granola Bars/Fruit Water	Fruit crisp Cheese Water	Bread Fruit Water	Cookie/Loaf Vegetable Water
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	English Muffin Fruit Milk	French Toast Fruit Milk	Vegetable Muffin Fruit Milk	Yogourt Fruit Water
Lunch	Meat Sandwich Bean Salad Vegetable Fruit Milk	Chicken Souvlaki WG Bread Vegetable Fruit Milk	Fish Grain Side Dish Vegetable Fruit Milk	Soup/Beans Whole Grain Vegetable Fruit Milk	Meat Jambalaya Grain Side Dish Vegetable Fruit Milk
PM Snack	Baked item Fruit Water	Milk Pudding Fruit Water	Vegetable Cheese & Cracker Water	Trail Mix Fruit Water	Hummus Bread/Fruit Water
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	Bagel Fruit Milk	Pancakes Fruit Milk	Toast Fruit Milk	Muffin Fruit Milk
Lunch	Soup with Beans Whole Grain Vegetable Fruit Milk	Meat Pasta Vegetable Fruit Milk	Quiche Vegetable Fruit Milk	Protein Quesadillas Vegetable Fruit Milk	WG breaded fish Roasted Potatoes Vegetable Fruit Milk
PM Snack	Yogourt Bars Fruit & Cookie Water	Fruit Cheese & Cracker Water	Vegetable Loaf Fruit Water	Bread And Dip Fruit Water	Bannock Fruit Water
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	Toast Fruit Milk	Yogourt/Fruit Granola Milk	Fruit muffin Fruit Milk	English Muffin Fruit Milk
Lunch	Meat Enchilada Whole Grain Vegetable Fruit Milk	Meat Burger Vegetable Fruit Milk	Vegetarian Pizza Shredded Tofu Vegetable Fruit Water	Fish Grain Side Dish Vegetable Fruit Milk	Egg Sandwich Whole Grain Vegetable Fruit Milk
PM Snack	Rice cakes Jam/Fruit Water	Pao De Quello Vegetable Water	Baked Chips Cheese Water	Fruit Roll up Fruit Water	Frozen Yogourt Fruit & Cracker Water

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.