

**Central Eglinton Children's Centre
Fall Menu**

Week 1 AM – Cereal, Milk, Fruit and Water

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Assorted Fruit Milk	Wholegrain Bagels With Pea Butter & Bananas Water	Breakfast Trail Mix Marble Cheese Mandarin Oranges Milk	Plain Yoghurt Honey Homemade Granola Blueberries Water	Organic Unsweetened Apple Sauce Buckwheat Crackers Green Grapes Milk
Whole Wheat Spaghetti Bolognese Meat Sauce Baby Carrots Cucumber Oranges Milk and Water	Sweet and Sour Chicken – White Meat Basmati Rice Red Peppers Peas Pears Milk and Water	Homemade Cheese Pizza Caesar Salad Red Grapes Milk and Water	Crunchy Baked Cod Apricot Couscous Green Beans Yellow Pepper Pineapple Milk and Water	Cheese and Beef Salami Sandwiches With Chicken & Rice Soup Grape Tomatoes Snow Peas Cantaloupe Milk and Water
Cheddar Cheese Cubes Whole Grain Crackers Cantaloupe Water	Granola Bars Red Apples Milk	Tzatziki Pita Bread Cucumber Water	12 Grain Bread Butter and Jam Preserves Honeydew Melon Milk	Organic Corn Chips Salsa and Mozzarella Cheese Assorted Fruit/Veggies Water

Fruits, Breads and Vegetables may vary depending on availability.
Alternatives will be offered to children who have Allergies, Religious Preferences, or are Vegetarians

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Week 2 AM – Cereal, Milk, Fruit and Water

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Assorted Fruit Milk	Whole Grain Toast Butter Jam Preserves Bananas Water	Celery and Cream Cheese with Dried Cranberries Pears Milk	Plain Yoghurt Honey Homemade Granola Berries Water	Cheddar Cheese Cubes Buckwheat Rice Cakes Cantaloupe Milk
Whole Wheat Macaroni And Cheese With Tofu Baby Carrots Tomatoes Oranges Milk and Water	Homemade Baked Chicken Fingers Mashed Sweet Potatoes Spinach Salad With Mandarin Oranges Milk and Water	Cheese Tortellini in Cauliflower Alfredo (Cheese Sauce) Broccoli & Red Pepper Red Grapes Milk and Water	Haddock Tacos Tomato, Lettuce, Cheese, Sour Cream Salsa Pineapple Milk and Water	Egg Salad Turkey Breast Whole Grain Baguette Vegetable Alphabet Soup Cucumber & Yellow Peppers Mandarin Oranges Milk and Water
Organic Corn Chips Salsa and Sour Cream Cantaloupe Water	Trail Mix Dried Fruits, Pretzels Cheddar Cheese Honeydew Melon Milk	Tuna Salad Whole Grain Crackers Cucumber Water	Homemade French Onion Dip Pita Bread Red Apples Milk	Whole Grain Bagels Cream Cheese Assorted Fruit/Vegetables Water

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Week 3 AM – Cereal, Milk, Fruit and Water

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Assorted Fruit Milk	Whole Grain Bagels Pea Butter & Bananas Water	Breakfast Trail Mix Mozzarella Cheese Mandarin Oranges Milk	Plain Yoghurt Honey Homemade Granola Blueberries Water	Organic Unsweetened Apple Sauce Buckwheat Crackers Green Grapes Milk
Whole Wheat Spaghetti With Homemade Meatballs Baby Carrots & Cucumber Oranges Milk and Water	Chicken Parmesan Dried Cranberry Couscous Tomato & Green Beans Pineapple Milk and Water	Vegetable Chili Organic Tortilla Chips Red Pepper & Broccoli Red Grapes Milk and Water	Baked Lemon Cod with Basmati Rice Spinach Salad with Strawberries Cantaloupe Milk and Water	Chicken Salad And Havarti Cheese Chicken Noodle Soup Tomatoes Yellow Beans Green Apples Milk and Water
Cheddar Cheese Cubes Whole Grain Crackers Honeydew Melon Water	Tuna Salad With Green Apple Whole Wheat Bread Red Apples Milk	Homemade Hummus Pita Bread Cucumber Water	Organic Corn Chips And Salsa Marble Cheese Pears Milk	Whole Grain Toast Butter and Jam Preserves Assorted Fruit/Vegetables Water

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Week 4 AM – Cereal, Milk, Fruit and Water

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Assorted Fruit Milk	Whole Grain Toast Butter Jam Preserves Bananas Water	Celery and Cream Cheese with Dried Cranberries Pears Milk	Plain Yoghurt Honey Homemade Granola Strawberries Water	Marble Cheese Buckwheat Rice Cakes Mandarin Oranges Milk
Shepherd's Pie Black beans, Tomato and Corn Baby Carrots Tomatoes Oranges Milk and Water	Chicken Fajitas Red & Yellow Peppers Mushrooms Tomatoes Sour Cream, Salsa Lettuce and Cheese Red Grapes Milk and Water	Whole Wheat Farfalle Pasta With Veggie/Tofu Tomato Sauce Green Salad with Tomato and Cucumber Cantaloupe Milk and Water	Fish Provencal Jasmine Rice Broccoli & Red Pepper Red Apples Milk and Water	Tuna Salad & Turkey Whole Grain Sandwiches Tomato Soup Carrots Green Beans Pineapple Milk and Water
Herb Cheese Whole Wheat Roll-ups Honeydew Melon Water	Salmon Salad With Cucumber Relish and Whole Grain Crackers Green Apples Milk	Homemade Cannellini Bean Dip Pita Crisps Broccoli Water	Whole Grain Bagels Fresh Fruit Cream Cheese Cucumber Milk	Trail Mix Dried Fruits, Pretzels Cheddar Cheese Assorted Fruit/Vegetables Water

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Central Eglinton Children's Centre Menu

Week 1 September 7-11 2009
Week 2 September 14-18, 2009
Week 3 September 21-25, 2009
Week 4 September 28-October 2, 2009

Week 1 October 5-9, 2009
Week 2 October 12-16, 2009
Week 3 October 19-23, 2009
Week 4 October 26-30, 2009

Week 1 November 3-7, 2009
Week 2 November 10-14, 2009
Week 3 November 17-21, 2009
Week 4 November 24-28, 2009

Week 1 December 1-5, 2009
Week 2 December 8-12, 2009
Week 3 December 15-19, 2009
Week 4 December 22-26, 2009