

CENTRAL EGLINTON CHILDREN'S CENTRE

Fall 2008

MENU

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Organic Cereal Apples Milk	Raisin Bread & Butter Bananas Milk	Homemade Granola Frozen Raspberries Yogurt Water	Ants on a Log (celery, cream cheese raisins) Whole Grain Crackers Milk	Rice Thins Cheddar Cheese Oranges Water
Meatballs in Tomato Sauce Whole Wheat Spaghetti Noodles Carrots & Broccoli Apples Milk	Sticky Chicken Drum Sticks <i>(Chicken in a Soya/honey sauce)</i> Brown Basmati Rice Corn and Red peppers Cantaloupe Milk	Soft Shell Tacos Lean Ground Beef, Salsa Lettuce, Tomato Sour Cream, Cheese Peaches Milk	Tuna Casserole <i>(pasta, tuna, cheese)</i> Baby Carrots Snap Peas Grapes Milk	Chicken Rice Soup Turkey and Egg, Tomato, Cucumber & Lettuce on Whole Grain Baguette Pears Milk
Organic Corn Chips Salsa Oranges Milk	Whole Grain Bagels Cream Cheese Cucumber Water	Whole Wheat Pitas Tzatziki dip Baby Carrots Milk	Whole Grain English Muffins Fruit Preserves & Butter Honeydew Melon Milk	Homemade Granola Bars Assorted Fruit Tray Milk

We make every effort to purchase healthy foods that have whole grains, unrefined sugar and whenever possible, organic.

Fruits, Breads and Vegetables may vary depending on availability.

Alternatives will be offered to children who have Allergies, Religious Preferences, or are Vegetarians

CENTRAL EGLINTON CHILDREN'S CENTRE

Fall 2008

MENU

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Frozen Blueberries Water	Whole Grain Cereal Bananas Milk	Strawberry Cream Cheese Rice Cakes Plums Water	Whole Grain Toast with Fruit Preserves Cantaloupe Milk	Cheddar Cheese with Whole Grain Crackers Pears Milk
Whole Wheat Spaghetti Meat Sauce Green Salad Peaches Milk	Crunchy Parmesan Chicken Tenders <small>(Chicken in a parmesan & Bread crumb coating)</small> Brown Rice Red Peppers & Cucumber Pineapple Milk	Baked Haddock Mashed Potatoes Corn Carrots Apples Milk	Homemade Macaroni and Cheese (whole wheat pasta) Tomatoes Green Beans Bananas Milk	Vegetable Alphabet Soup Cheese, or Roast beef On whole wheat baguette Cucumber & Carrots Grapes Milk
Whole Grain Crackers Hummus Clementine oranges Milk	Homemade Trail Mix <small>(Pretzels, raisins, shreddies, dried banana chips, fishy crackers)</small> Mozzarella Cheese Honeydew Melon Water	Pita Crisps Assorted Vegetables Garden Vegetable Dip Milk	Wheat & Flax Tortillas Herb & Garlic Cream Cheese Mandarin Oranges Water	Organic Corn Chips Salsa Assorted Fruit Milk

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CENTRAL EGLINTON CHILDREN'S CENTRE

Fall 2008 MENU

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cheddar Cheese with Whole Grain Crackers Pears Milk	Whole Grain English Muffins Honey Honeydew Melon Milk	Organic Cereal Plums Milk	Whole Grain Toast Fruit Preserves Pears Milk	Homemade Trail Mix (Pretzels, dried cranberries, shreddies, banana chips, fishy crackers) Mozzarella Cheese Apples Milk
Lasagna (noodles, beef, tomato sauce, cheese) Baguette Caesar Salad Fresh Pineapple Milk	Mexican Chicken (chicken, salsa, cheddar cheese, Sour cream) with Tortilla wraps Broccoli & Tomatoes Apples Milk	Home Made Cheese Pizza Assorted vegetable tray (red peppers, cucumbers, carrots) Herb & Garlic Sour Cream Dip Clementine Oranges Milk	Meatloaf (with grated carrots, tomato sauce etc) & Mashed Potatoes Raw Carrots Grapes Milk	Chicken Pasta Shell Soup with mixed vegetables Tuna & Beef Salami on Whole Wheat Bread Tomato & Lettuce Oranges Milk
Organic Stoned Wheat Crackers Turkey Kielbasa Cucumber Milk	Homemade Banana Bread Loaf Cantaloupe Milk	Rice Thins & Cream Cheese Bananas Water	Sour Cream & Onion Dip Whole Wheat Pita Crisps Carrots Water	Yoghurt with Homemade Granola Frozen Berries Milk

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CENTRAL EGLINTON CHILDREN'S CENTRE

Fall 2008 MENU

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
12 Grain Bagels with Butter and Honey Fruit Milk	Whole Grain Cereal Bananas Milk	Yogurt Frozen Blueberries Toasted Coconut Water	Toasted Whole Wheat Bread with Butter & Jam Peaches Milk	Rice Thins Cream Cheese Grapes Water
Sloppy Joes Ground Beef Sauce Hamburger Buns Corn and Green Beans Clementine Oranges Milk	Cheese Tortellini, Crumbled tofu & Tomato sauce Whole Grain Baguette Garlic Bread Tomatoes and Carrots Honeydew Melon Milk	BBQ baked chicken with Brown Basmati Rice Broccoli and Red Peppers Pears Milk	Cheese Egg Bake (Baked egg with cheese) Fresh whole grain baguette Bread Caesar Salad Fresh Pineapple Chunks Milk	Tomato Soup Grilled Cheese (Whole Wheat bread and Real Slice Cheddar Cheese) Cucumber & Tomatoes Honey Dew Melon Milk
Whole Grain English Muffins Fruit Preserves Cantaloupe Milk	Spinach & Sour Cream Dip with Pumpnickel Bread Zucchini and Carrots Water	Pretzels Havarti Cheese Apples Water	Whole Wheat Flax Tortilla Cream Cheese Oranges Milk	Whole Wheat Pita Crisps Turkey Kielbasa Cucumber Milk

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PM SNACKS - SCHOOL AGE PROGRAMS SEPTEMBER 2008

	Monday	Tuesday	Wednesday	Thursday	Friday
W e e k 1	Organic Corn Chips Salsa Oranges Milk	Whole Grain Bagels Cream Cheese Cucumber Water	Whole Wheat Pitas Tzatziki dip Baby Carrots Milk	Whole Grain English Muffins Fruit Preserves & Butter Honeydew Melon Milk	Homemade Granola Bars Assorted Fruit Tray Milk
W e e k 2	Whole Grain Crackers Hummus Clementine oranges Milk	Homemade Trail Mix (Pretzels, raisins, shreddies, dried banana chips, fishy crackers) Mozzarella Cheese Honeydew Melon Water	Pita Crisps Assorted Vegetables Garden Vegetable Dip Milk	Wheat & Flax Tortillas Herb & Garlic Cream Cheese Mandarin Oranges Water	Organic Corn Chips Salsa Assorted Fruit Milk
W e e k 3	Organic Stoned Wheat Crackers Turkey Kielbasa Cucumber Milk	Homemade Banana Bread Loaf Cantaloupe Milk	Rice Thins & Cream Cheese Bananas Water	Sour Cream & Onion Dip Whole Wheat Pita Crisps Carrots Water	Yoghurt with Homemade Granola Frozen Berries Milk
W e e k 4	Whole Grain English Muffins Fruit Preserves Cantaloupe Milk	Spinach & Sour Cream Dip with Pumpernickel Bread Zucchini and Carrots Water	Pretzels Havarti Cheese Apples Water	Whole Wheat Flax Tortilla Cream Cheese Oranges Milk	Whole Wheat Pita Crisps Turkey Kielbasa Cucumber Milk

CENTRAL EGLINTON CHILDREN'S CENTRE
Fall Snack menu 2008

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Organic Cereal Apples Milk	Raisin Bread & Butter Bananas Milk	Homemade Granola Frozen Raspberries Yogurt Water	Ants on a Log (celery, cream cheese raisins) Whole Grain Crackers Milk	Rice Thins Cheddar Cheese Oranges Water
Organic Corn Chips Salsa Oranges Milk	Whole Grain Bagels Cream Cheese Cucumber Water	Whole Wheat Pitas Tzatziki dip Baby Carrots Milk	Whole Grain English Muffins Fruit Preserves & Butter Honeydew Melon Milk	Homemade Granola Bars Assorted Fruit Tray Milk

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Frozen Blueberries Water	Whole Grain Cereal Bananas Milk	Strawberry Cream Cheese Rice Cakes Plums Water	Whole Grain Toast with Fruit Preserves Cantaloupe Milk	Cheddar Cheese with Whole Grain Crackers Pears Milk
Whole Grain Crackers Hummus Clementine oranges Milk	Homemade Trail Mix (Pretzels, raisins, shreddies, dried banana chips, fishy crackers) Mozzarella Cheese Honeydew Melon Water	Pita Crisps Assorted Vegetables Garden Vegetable Dip Milk	Wheat & Flax Tortillas Herb & Garlic Cream Cheese Mandarin Oranges Water	Organic Corn Chips Salsa Assorted Fruit Milk

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Cheddar Cheese with Whole Grain Crackers Pears Milk	Whole Grain English Muffins Honey Honeydew Melon Milk	Organic Cereal Plums Milk	Whole Grain Toast Fruit Preserves Pears Milk	Homemade Trail Mix (Pretzels, dried cranberries, shreddies, banana chips, fishy crackers) Mozzarella Cheese Apples Milk
Organic Stoned Wheat Crackers Turkey Kielbasa Cucumber Milk	Homemade Banana Bread Loaf Cantaloupe Milk	Rice Thins & Cream Cheese Bananas Water	Sour Cream & Onion Dip Whole Wheat Pita Crisps Carrots Water	Yoghurt with Homemade Granola Frozen Berries Milk

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
12 Grain Bagels with Butter and Honey Fruit Milk	Whole Grain Cereal Bananas Milk	Yogurt Frozen Blueberries Toasted Coconut Water	Toasted Whole Wheat Bread with Butter & Jam Peaches Milk	Rice Thins Cream Cheese Grapes Water
Whole Grain English Muffins Fruit Preserves Cantaloupe Milk	Spinach & Sour Cream Dip with Pumpernickel Bread Zucchini and Carrots Water	Pretzels Havarti Cheese Apples Water	Whole Wheat Flax Tortilla Cream Cheese Oranges Milk	Whole Wheat Pita Crisps Turkey Kielbasa Cucumber Milk

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MENU

Fall 2008

September 1-5	Week 1
September 8-12	Week 2
September 15-19	Week 3
September 22-26	Week 4
Sept 29 -October 3	Week 1
October 6-10	Week 2
October 13-17	Week 3
October 20-24	Week 4
October 27-31	Week 1
November 3-7	Week 2
November 10-14	Week 3
November 17-21	Week 4
November 24-28	Week 1
December 1-5	Week 2
December 8-12	Week 3
December 15-19	Week 4
December 22-26	Week 1
December 2—January 2	Week 2

