Menu: All meals are planned according to the individual children's needs and based on the Canada Health Food Guide: All meals are served with milk, juice, water, fruit and/or veggies

Week:	Themes:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast:	Cereals Boiled Eggs milk	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Muffins milk	Cereals Yogurt milk
	Lunch:	Macaroni and Cheese Veg Salad	Pasta in tomato sauce with meatballs Fresh Veggies	Sausage with rice with veggies Fresh Veggies	Chicken Nuggets with Fries Veg Salad	Hot dogs with buns Veg Salad
	P.M. Snack	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits Movie day snacks
Week 2	Breakfast:	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Yogurt milk
	Lunch:	Pasta in tomato sauce with meatballs Fresh Veggies	Sausage with rice with veggies Veg Salad	Chicken Nuggets with Fries Fresh Veggies	Macaroni and Cheese Veg Salad	Hot dogs with buns Veg Salad
	P.M. Snack:	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	Jam Sandwiches Fresh fruits Movie day snacks

FORT SASKATCHEWAN CHILDCARE

Menu: All meals are planned according to the individual children's needs and based on the Canada Health Food Guide: All meals are served with milk, juice, water, fruit and/or veggies

Week:	Themes:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast: Lunch: P.M. Snack	Cereals Boiled Eggs milk Sausage with rice with veggies Fresh Veggies Jam Sandwiches Fresh fruits	Cereals Muffins milk Pasta in tomato sauce with meatballs Fresh Veggies cheese sandwiches, Fresh fruits	Cereals Boiled Eggs milk Macaroni and Cheese Veg Salad Jam Sandwiches Fresh fruits	Cereals Muffins milk Chicken Nuggets with Fries Fresh Veggies cheese sandwiches, Fresh fruits	Cereals Yogurt milk Hot dogs with buns Veg Salad Jam Sandwiches Fresh fruits Movie day snacks
Week 4/5	Breakfast: Lunch: P.M. Snack:	Cereals Muffins milk Chicken Nuggets with Fries Veg Salad cheese sandwiches, Fresh fruits	Cereals Boiled Eggs milk Sausage with rice with veggies Fresh Veggies Jam Sandwiches Fresh fruits	Cereals Muffins milk Pasta in tomato sauce with meatballs Fresh Veggies cheese sandwiches, Fresh fruits	Cereals Boiled Eggs milk Macaroni and Cheese Veg Salad Jam Sandwiches Fresh fruits	Cereals Yogurt milk Hot dogs with buns Veg Salad Jam Sandwiches Fresh fruits Movie day snacks

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