

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snacks	Bread & Jam Seasonal fruit Milk	Grain cereal Seasonal fruit Milk	Tea Biscuits Seasonal fruit Milk	Grain Cereal Seasonal fruit Milk	Bread & Cheese Seasonal fruit Milk
Lunch	Macaroni cheese Vegetables Fresh fruits Milk	Chinese noodles w/fresh vegetables & chicken slices Fresh fruits Milk	Spaghetti w/meatballs Green salad Milk	Fish fillet with Tofu,celery,onion in mushroom sauce Rice Fruit Yogurt	Egg & cheese Sandwiches Seasonal Veggies Fresh fruits Milk
	<p>Canadian New Food Guideline</p> <p>Your plate</p> <p>1/2 Fruit & Veg</p> <p>1/4 Protein</p> <p>1/4 Whole grains</p> <p>Make water your drink of choice</p>				
Afternoon Snack	Graham Crackers Fresh fruits	Pita with Chickpea butter/jam Fresh fruits	Wholewheat crackers Fresh fruits	Nachos Cheese slices Fresh fruits	Home-made Banana bread Fresh fruits

- Water is available all the time.
- We provide 2 servings of milk; 2 servings of fresh fruits; 2 servings of protein; 2 servings of fresh vegetables, 3 servings of grains
- Cereals include choices of Corn Flakes, Cheerios, Rice Krispies
- Breads include choices of white bread, whole wheat bread, English muffin, pita, bagel and ect.
- Please advise us with any food allergies and special diet requirements.