

**Grace Note Child Care Centre (2010) Limited**

**Summer Menu**

**Week 1**

**August 17, 2015**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>am snack</b>	Bagels, Grapes, Water Cream Cheese	Cheerios/Milk Bananas	Muffins, OJ	Pancakes, Grapes Water	Toast & Jam Water
<b>Lunch</b>	Scramble eggs with Cheese	Roast Beef/Turkey and Cheese	Rainbow Veggie Soup Chick peas, Kidney Beans	Pasta Salad with Ham	Chicken Burgers (in sauce)
	Broccoli and Cauliflower	Nibbler tray - Carrots, Peppers Cucumber	Carrots, Peas, Tomatoes Celery, Onion, Apple	Cucumber, Peppers	Steamed mixed Veggies on side
	Hash browns	Wraps	w/w Bread	w/w Pasta w/w Bread	w/w Hamburger Buns
	Milk Cheese	Milk, Cheese	Milk	Milk/Cheese	Milk
	Pears	Clementines	Apple	Banana or Melon	Apples
<b>pm snack</b>	Applesauce Raisin Bread & Water	Yogurt, Bananas Water	Crackers and Cheese Peaches, Water	Clementines, Rice Cakes Water	Yogurt & Fruit Leftovers Water

**Week 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>am snack</b>	Rice Crispies/Milk Grapes	Banana Loaf/Water	Waffles, Syrup Apples, Water	Oatmeal Cranberry Muffins OJ	Yogurt/Seasonal berries Water
<b>Lunch</b>	Tuna Melts	Chicken Noodle Soup	Ham & Pea Risotto	Sandwiches - Egg/Turkey and Cheese	Ground Beef Spaghetti & TVP Spaghetti
	Onion, Celery Cold veggies & side dip	Carrots, Onion, Celery	Carrots on side, Dip	Carrots and Cucumber Peppers	Peppers, Tomatoes, Onion Mushrooms, Celery
	w/w English Muffins	w/w Bread	Rice and w/w Bread	w/w Wraps	w/w Pasta w/w Bread
	Milk Cheddar Cheese	Milk	Milk	Milk Cheese	Milk
	Oranges	Pears	Melon	Bananas	Pears
<b>pm snack</b>	Fruit salad, Rice cakes Water	Yogurt with Berries Water	Cheese, w/w Crackers Orange Juice	Trail Mix, Clementines Water	Yogurt & Fruit Leftovers Water

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**Week 3**

**August 17, 2015**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>am snack</b>	w/g Cheerios, Milk Bananas, Water	Bagels, Cream cheese Bananas, Water	Muffins Pears, Water	Raisin toast Apples, Water	Yogurt, Berries Water
<b>Lunch</b>	English muffin pizzas Ham and Cheese	Chicken nuggets	Fish cakes Baked Beans	Hamburger soup Ground beef/TVP (vegan)	Sandwiches - Egg Salad Turkey, Cheese
	Tomatoes, Green Pepper Mushrooms	Mixed vegetables	Salad - Lettuce, Tomatoes Cucumber, Peppers	Tomatoes, peppers, Onions	Carrots, Cucumber, Peppers
	w/w English Muffins	Brown rice	w/w Bread	Barley, Crackers	w/w Bread
	Milk Mozzarella cheese	Milk	Milk	Milk	Milk
	Grapes	Melon	Pears	Grapes	Clementines
<b>pm snack</b>	Raisin Bread Apple Sauce, Water	Grapes, Rice Cakes Water	Fruit salad/Crackers Milk	Peaches Rice cakes, Water	Fruit Salad Veggie/Dip/Humus

**Week 4**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>am snack</b>	Rice crispies, Grapes Milk	w/w English muffins, Jam Banana, Water	Yogurt, Berries Water	w/w Toast, Jam. Pears Milk	Banana Muffins, Pears or Peaches, Water
<b>Lunch</b>	w/w Macaroni with Cheese	Sloppy Joes Ground beef/TVP (vegan)	Wraps Ham./Turkey/Cheese	Chicken Casserole	Tomato Rice Soup Grilled cheese sandwiches
	Corn, Peas	Salad - Lettuce, Tomatoes Cucumber, Peppers	Carrots, Cucumber Peppers	Mixed Veggie	Spinach/Onion/Celery in soup
	w/w Macaroni, w/w Bread	w/w Hamburger buns	w/w Wraps	w/w Pasta or Quinoa w/w Bread	w/w Bread
	Milk, Cheese	Milk	Milk, Cheese	Milk	Milk
	Pears	Apples	Melon	Banana	Apples
<b>pm snack</b>	Hummus, Carrots, Pita Cucumber, Water	Trail mix, Clementines Water	Grapes, Goldfish Water	Cucumber, Cheese Crackers, Water	Yogurt & Fruit Leftovers Water