



Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Roasted Potatoes Steamed Baby Carrots Fresh Fruit Cocktail Blueberry Scones with Cream Cheese	Vegetarian Lasagna Italian Coleslaw Peach Streusel Watermelon with Cheese Slices and Crackers	Sole Fingers Lemon Scented Rice California Blend Applesauce Graham Crackers with Apple Cinnamon Cream Cheese	Beef and Vegetable Stew Mashed Potatoes Blueberry Crumble Pumpernickel with Spinach Dip	Chicken Meatballs Linguini with Tomato Basil Sauce Asparagus Spears Blueberry Yogurt Cranberry and Cheese Puff Pastry
Potato and Leek Soup Bean and Rice Burritos with Shredded Lettuce and Diced Tomatoes Carrot Loaf Seedless Grapes with Cheddar Slices and Crackers	Breaded Haddock Wedges Roasted Sweet Potatoes Prince Edward Medley Strawberry Pudding Cereal Trail Mix with Granny Smith Apples	Beef and Tomato Penne Roasted Zucchini Rainbow Sorbet Celery and Carrot Sticks with French Onion Dip	Butter Chicken Basmati Rice Petite Peas Vanilla Yogurt Perogies with Sour Cream	Turkey Pot Pies Mashed Potatoes Buttered Corn Diced Pears Apple Butter Danish
Roasted Basa Bowtie Pomodoro Italian Blend Applesauce Nachos with Salsa and Cheese Sauce	Beef Stir Fry Spanish Rice Steamed Cauliflower Lemon Raspberry Cake Mini Bagels with Wowbutter	Chicken Parmesan Herb and Garlic Mashed Potatoes Sautéed Green Beans Peach Yogurt Egg Rolls with Plum Sauce	Roasted Turkey Thighs Parsley Noodles Maple Glazed Carrots Pineapple Tidbits Strawberry Tarts	Vegetable Étouffée Rice with Beans Mandarin Romaine Salad Banana Bread Honeydew Chunks with Cheese Slices and Crackers
Beef and Peppers Garlic Mashed Potatoes Wax Beans Vanilla Ice Cream Carrot and Celery Sticks with Ranch Dip	Chicken Alfredo with Fettuccini Steamed Broccoli Strawberry Yogurt Garlic Cheese Bread	Tomato and Black Bean Bisque with Rice Goldfish Crackers Mini Cheese Pizza Sliced Peaches Assorted Muffins	Cod Nuggets Mashed Sweet Potatoes Sliced Cucumbers with Ranch Dip Apple Cranberry Loaf Fruit Platter with Yogurt Dip	Chicken Fillets Herbed Garlic Bowtie Pasta 3-Way Blend Vanilla Pudding Cereal Trail Mix with Clementines

Winter Menu

January 5th – April 3rd

Daily Continental Breakfast may consist of the following:

- waffles
- oatmeal
- whole wheat toast
- assorted muffins
- multigrain bagels
- whole wheat English muffins
- assorted cereals
- yogurt
- fresh fruit salad
- multigrain cereal bars

Fresh fruit, milk, and water are provided for all age groups throughout the entire day.

Menu adaptations are based on individual age groups.

DID YOU KNOW...?

5 ounces of broccoli contains more Vitamin C than 204 apples.

ANCASTER
1281 Mohawk Rd.
905-304-1415

BURLINGTON
2180 Itabashi Way
905-637-8481

RICHMOND HILL
10775 Leslie St., Unit 4
905-737-5505

VAUGHAN
9306 Bathurst St.
905-303-5090

