

Week 1: October 1-5, October 29 – November 2, November 26-30, December 24-28				
Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Scrambled egg and whole wheat toast Seasonal Fruit Milk	WW English Muffin Seasonal Fruit Milk	Oatmeal Seasonal Fruit Milk	Gluten Free Waffles Seasonal Fruit Milk
(V) no substitution required (GF) Gluten free cereal (DF) milk alternative	(V) (GF) Gluten-Free Bread (DF)	(V) no substitution required (GF) Gluten-Free Bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required
Chicken Noodle Soup Dumplings Seasonal Vegetables Milk	Beef and Broccoli Rice Seasonal Fruit Milk	Vegetarian Lasagna and garlic toast Seasonal Fruit Milk	Fish Rice Seasonal Vegetables Seasonal Fruit Milk <i>*Suggested Meal*</i>	Meatballs Couscous Seasonal Vegetables Seasonal Fruit
(V) Vegetable Soup (GF) (DF) no substitution required	(V) beans and legumes (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten-Free Bread (DF) no substitution required	(V) eggplant and cauliflower (GF) no substitution required (DF) no substitution required	(V) Tofu and Vegetables (GF) no substitution required (DF) no substitution required
Granola Bar <i>*RECIPE*</i> Seasonal Fruit Water	Trail Mix <i>Whole grain gluten free cereal, raisins, dried cranberries, dried apricots, sunflower seed Water</i>	Smoothie <i>*RECIPE*</i> Water	Hummus and Pita Water	Crackers and Cheese Water
(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required
2 <sup>nd</sup> Snack: Oranges and Water				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

Foods are served in family style and Educators sit with the children while they are eating. Our cook also eats with the children to get their feedback and ensure food is being enjoyed.

Water is available at each snack, lunch and throughout the day to the children.

Children under the age of 1 – will eat according to the Infant Feeding Information sheet that parents fill out during Registration

Children in Rooms 1, 2 and 3 will be drinking whole milk (or formula, etc. when appropriate)

Servings are based on the Canadian Food Guide and Alberta Health Services guidelines

<i>Week 2: October 8-12, November 5-9, December 3-7, December 31 – January 4</i>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Whole Grain Cereal Seasonal Fruit Milk	Malaysia Nasilemak Rice with Coconut Milk	Yogurt and Granola Seasonal Fruit Milk	WW Toast and Jam Seasonal Fruit Jam	Muesli Seasonal Fruit Milk
(V) (GF) Gluten free cereal (DF)	(V) (GF) (DF)	(V) no substitution required (GF) no substitution required (DF)	(V) no substitution required (GF) Gluten Free Bread (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF)
Tomato Soup and Grilled Cheese with Spinach Vegetable Sticks Seasonal Fruit Milk	Shepherds Pie Rice Seasonal Fruit Milk	Cheese Ravioli with Tomato Sauce Seasonal Vegetables Seasonal Fruit Milk	Vegetarian Stir Fry Rice Seasonal Fruit Milk	Sloppy Joe's (Turkey) Vegetable sticks Seasonal Fruit Milk
(V) (GF) (DF)	(V) mashed potatoes with vegetables (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten Free Pasta (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) (GF) Gluten Free Bread (DF) no substitution required
India Samosas	Rice Cake pizzas Bananas, blueberries, yogurt spread and granola Water	Vegetables Water	Granola Bites *RECIPE* Seasonal Fruit Water	Smoothie *RECIPE* Water
(V) (GF) (DF)	(V) (GF) (DF)	(V) Vegetables only (GF) (DF)	(V) no substitution required (GF) (DF)	(V) no substitution required (GF) no substitution required (DF) Almond Milk
<b>2<sup>nd</sup> Snack: Carrot Sticks</b>				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

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<i>Week 3: September 17-21, October 15-19, November 12-16, December 10-14, January 7- 11</i>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Whole Grain Cereal Seasonal Fruit Milk	WW Bagel, cream cheese, jam Seasonal Fruit Milk	Hot Cereal Seasonal Fruit Milk	Fruit Salad Milk	Omelet and WW Toast Seasonal Fruit Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) no substitution required	(V) no substitution required (GF) Gluten Free Bagel (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) Gluten Free Bread (DF) no substitution required
Macaroni and Cheese with Ham and Broccoli Seasonal Fruit Milk	Chicken enchiladas with Rice Casserole Seasonal Fruit Milk	Meatball Minestrone Soup WW Crackers Seasonal Fruit Milk	Mexican Quinoa Rice Seasonal Fruit Milk	Beef Stroganoff Seasonal Fruit Milk
(V) (GF) Gluten Free Pasta (DF)	(V) (GF) (DF)	(V) (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) (DF)	(V) Vegetarian Stroganoff (GF) (DF)
Smoothie *RECIPE* Water	Seasonal Vegetables Water	African Fried Plantains	Yogurt Pop *RECIPE* Water	Sweet Salsa and Cinnamon Chips Water
(V) no substitution required (GF) no substitution required (DF) Almond Milk	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) (GF) (DF)	(V) no substitution required (GF) no substitution required (DF) Apple Sauce	(V) no substitution required (GF) no substitution required (DF) no substitution required
<b>2<sup>nd</sup> Snack: Apples</b>				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

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Week 4: September 24-28, October 22-26, November 19-23, December 17-21, January 14-18				
Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal Seasonal Fruit Milk	Boiled Egg and Toast Seasonal Fruit Milk	Spain Pan a la Catalan, Garlic bread with ripe tomato and olive oil *RECIPE*	Pancakes and Blueberries Milk	Smoothie *RECIPE* Milk
(V) no substitution required (GF) Gluten Free Cereal (DF) no substitution required	(V) (GF) gluten free bread (DF)	(V) (GF) (DF)	(V) no substitution required (GF) (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF)
Chicken Wraps Seasonal Fruit Milk *Suggested Meal*	Chili and WW Bun Seasonal Vegetables Seasonal Fruit Milk *Suggested Meal*	Tuna Melt Seasonal Vegetables Seasonal Fruit Milk	Cheesy Chicken Pasta Broccoli Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruit Milk
(V) (GF) Gluten free wrap (DF)	(V) (GF) (DF)	(V) (GF) (DF)	(V) (GF) (DF)	(V) (GF) (DF)
Granola Bar *RECIPE* Seasonal Fruit Water	Peppers, Carrot Sticks, Celery Water	Apples Water	Cream cheese Jam WW Graham Cracker *RECIPE* Water	Banana Bread *RECIPE* Seasonal Fruit Water
(V) no substitution required (GF) (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) no substitution required (GF) no substitution required (DF) no substitution required	(V) (GF) (DF)	(V) no substitution required (GF) (DF) no substitution required
2 <sup>nd</sup> Snack: Dried Fruit				

Morning Snack: 8:00am -9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:15pm

Seasonal Fruits: Apples, blackberries, grapes, peaches, pears, raspberries, pineapple, banana, plum

Seasonal Vegetables: Broccoli, cabbage, carrots, cauliflower, corn, cucumber, green beans, kale, peppers, mushrooms, lettuce

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