



YMCA Purdy's Wharf Child Care Centre Menu 2019 – WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Applesauce with Cheerios	Pancakes & Homemade jam	Oatmeal & Mixed Berries (Strawberries Raspberries) Water	English Muffins & Applesauce with Water	Tea Biscuits & Mixed fruit salad (apples, oranges, & bananas)
LUNCH <i>(All 4 food groups are included)</i>	Goulash	Chicken Stir Fry	Meatloaf	Fish Dinner	Lentil Macaroni & Cheese
MEAT/ALTERNATE	Ground Beef	Chicken	Ground Beef/Bean Medley	Fish(Salmon/ Haddock)	Lentils
VEGETABLE/FRUIT	Tomato Soup Peas	Carrot, Celery, Onions, peas	Turnip	Carrots & Peas	Green or Yellow Beans
DAIRY	Milk	Milk	Milk	Milk	Milk
GRAIN	WW Rotini Noodles	Brown Rice	WW Roll	Brown Rice	WW Macaroni
PM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Blueberry Muffins	Melon & Graham Cracker	Homemade Carrot Muffins	Yogurt & Bananas	Hummus & Homemade pita chips

Updated May 2018



YMCA Purdy's Wharf Child Care Centre Menu 2019 – WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Bran Flakes & Mixed Berries (blackberries, blueberries, strawberries)	Pancakes & Applesauce	Fruit Smoothie & Tea Biscuits	Apple Oatmeal	Orange Loaf
LUNCH <i>(All 4 food groups are included)</i>	Chicken Casserole	Beef & Barley Soup	Fish Tacos	Sheppard's Pie	Chicken/Veggie Pizza on Whole Wheat Crust
MEAT/ALTERNATE	Chicken	Beef	Haddock	Beef	Chicken
VEGETABLE/FRUIT	Green & Red Peppers, Peas & Onions	Carrots, Peas, Celery & Onions,	Spinach, Tomato, Pepper, Salsa	Potatoes, Corn & Peas	Peppers , onion
DAIRY	Milk & Cream of Celery	Milk	Milk	Milk	Milk/Cheese
GRAIN	WW Noodle	Barley/Rice/Lentil	WW Tortilla	WW English Muffins	WW Crust
PM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Apples and Cheese cubes	Zucchini Loaf	Triscuits, Cheese Cubes and cucumber slices	Blueberry Oatmeal Muffins	Carrots & Hummus



YMCA Purdy's Wharf Child Care Centre Menu 2019 – WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Melon, Yogurt & Water	Applesauce & English Muffin	Bran Cereal & Blueberries Milk	Smoothies (Yogurt, Bananas, Flax Seed, Orange Juice) with Milk	Oatmeal apple Muffins & Water
LUNCH <i>(All 4 food groups are included)</i>	Spaghetti	Salmon Loaf	Ground Beef Chilli	Haddock Dinner	Rosemary Lemon Chicken Dinner
MEAT/ALTERNATE	Ground Beef	Salmon	Ground Beef	Haddock	Chicken
VEGETABLE/FRUIT	Tomato Sauce, Pepper, Onion, Celery	Peppers, Celery, Onions	Tomato Sauce	Broccoli & Corn	Mashed/Roasted Potatoes, Corn, carrots & Peas
DAIRY	Milk	Milk	Milk	Milk	Milk
GRAIN	WW Spaghetti	WW Rice	WW Bread	WW Rice	WW Roll
PM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Pineapple Loaf/Muffins	Green pepper & Mozzarella Cheese	Orange Slices & Tricuits	Apple Slices, Cheese Cubes & Triscuits	½ Banana & Graham Cracker



YMCA Purdy's Wharf Child Care Centre Menu 2019 – WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Scrambled Eggs , With green peppers & Milk	Yogurt & Pears	Pancakes & Fruit Salad (Banana, Blueberry)	Peach slices & WW Toast	Cheerios & Blueberries
LUNCH <i>(All 4 food groups are included)</i>	Tuna Casserole	Hamburgers & Potato Salad	Chicken Alfredo	Vegetable Soup	Fish Cakes
MEAT/ALTERNATE	Tuna	Beef	Chicken	Black Beans	Haddock
VEGETABLE/FRUIT	Grated Carrot, peas	Potatoes, Onion, Celery, Peas	Celery, Carrots Peppers, Onions	Carrot, Peas, Corn, Onion	Potatoes, Peas, Corn
DAIRY	Milk, Cream of Mushroom soup	Milk	Milk	Milk	Milk
GRAIN	WW Noodle	WW Bun	WW Noodle	Barley Medley	Homemade Biscuit
PM SNACK <i>(At least 2 food groups, one of which is veg/fruit)</i>	Apple Bread	Cheese, & cucumber	Bran muffins & Bananas	Melon & Triscuits	Apple Cinnamon oatmeal loaf & Milk