

Snack and Lunch Menu

Lillian's Children Centre

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Honey Dew Melon Whole Wheat Bagel with Cream Cheese Milk	Apple Slices Yoghurt Water	Bananas Multigrain Cheerios Milk	Peaches Whole Wheat Blueberry Muffin Milk	Strawberries Whole Wheat Toast with Cinnamon Milk
Lunch	Macaroni Casserole with Mixed Vegetables and Eggs Oranges Milk	Vegetable Soup and Mini Tuna Whole Wheat Sandwiches Peaches Milk	Lean Beef Meatballs with Brown Rice and Mixed Vegetables Cantaloupe Milk	Mini Pizzas with Chicken on English Muffins Garden Salad Oranges Milk	Chicken Quesadilla and Cheese Quesadilla Broccoli and Carrots Bananas Milk
P.M Snack	Cucumber Slices Whole Wheat Crackers with Hummus Water	Seaweed Wraps No Bake Oatmeal Bites Water	Strawberries Rice Cakes Water	Carrots and Celery Sticks Marble Cheese Water	Homemade Apple Sauce Whole Wheat Crackers Water

WATER IS AVAILABLE FOR THE CHILDREN THROUGHOUT THE DAY 3.25% Milk Served

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Apples Rice Cakes Milk	Avocado Whole Wheat Toast with Strawberry Jam Water	Whole Wheat English Muffins with Jam Oranges Milk	Rice Crispies Cereal Bananas Milk	Oatmeal Honey Dew Melon Milk
Lunch	Whole Wheat Spaghetti and Beef Meatballs Mixed Vegetables Oranges Milk	Tilapia and Brown Rice Garden Salad Honey Dew Melon Milk	Chicken and Mixed Vegetable Stir-fry Bananas Milk	Grilled Cheese Sandwiches with Tomato Soup and Bean Salad Peaches Milk	Homemade Meatloaf With Mixed Vegetables and Roasted Sweet Potatoes And Bread Apples Milk
P.M Snack	Cucumbers Whole Wheat Crackers Water	Fruit Salad (Apples, Bananas, Oranges) Yoghurt Water	Melba Toast with Tuna Spread Cantaloupe Water	Whole Wheat Naan with Hummus Green Peppers Water	Carrots and Celery Sticks Marble Cheese Water

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cantaloupe Whole Wheat Toast with Marble Cheese Milk	Oranges Multigrain Cheerios Milk	Bananas Oatmeal Milk	Apples English Muffins with Strawberry Jam Milk	Strawberries Rice Crispies Cereal Milk
Lunch	Tuna Cheddar Melt Broccoli Kiwi Milk	Whole Wheat Salmon Sandwiches Garden Salad Strawberries Milk	Pasta in Lean Beef Meat Sauce Mixed Vegetables Oranges Milk	Bean Chilli and Garlic Bread Garden Salad Pear Milk	Chicken and Cheese Quesadillas Carrots and Cucumbers Bananas Milk
P.M Snack	Cinnamon Apple Slices Oatmeal Bites Water	Carrot & Celery Sticks Whole Grain Crackers with Hummus Water	Blueberry Yoghurt Bites Water	Homemade Oatmeal Cookies Honey Dew Melon Water	Green and Red Pepper Sticks Rice Cakes Water

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Pears Multigrain Cheerios Milk	Avocado Whole Wheat Toast and Boiled Eggs Milk	Honey Dew Melon Oatmeal Milk	Cantaloupe Whole Wheat Bagel with Cream Cheese Milk	Apples Rice Crispies Milk
Lunch	Chicken Alfredo Pasta with mixed Vegetables Kiwi Milk	Tilapia Fish with Brown Rice Coleslaw Oranges Milk	Shepherd's Pie with lean Ground Beef and Mixed Vegetables Peaches Milk	Cinnamon French Toast Broccoli And Cauliflower Apples Milk	Butter Chicken with Whole Wheat Naan Spinach Bananas Milk
P.M Snack	Rice Cakes Oranges Water	Seaweed Wraps Green Peppers Marble Cheese Water	Whole Wheat Naan with Hummus Mangoes Water	Strawberries Yogurt Water	Melba Toast with Tuna Spread Cantaloupe Water

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