



Thistleoaks Child Care Centre

Menu - For the Week of _____

SUMMER 1



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	Mixed cereal cups Milk	Spinach cakes Tomato, feta & cucumber salad Baby corn & carrots Orange slices Water	Pate & whole grain crackers Water
TUESDAY	Bagels with cream cheese Water	Spaghetti with meat sauce Garden salad Apple Slices Milk	Bananas with yogurt dip Water
WEDNESDAY	Cheese and crackers Water	Baked sole fillets Seasoned rice Stir fried asparagus & peas Melon Milk	Jello with fruit Water
PICNIC THURSDAY	Waffles Apple juice	"Make your own sandwich" bar Veggie & dip platter Pineapple Milk	Hummus with mini pitas Water
FRIDAY	Apple sauce Digestive cookies Water	Barbequed hamburgers Potato salad Cucumber coins Bananas Milk	Yogurt popsicles Kiwi slices Water