



Thistleoaks Child Care Centre

Menu - For the Week of _____

SUMMER 2



| WEEKDAY | AM SNACK | LUNCH | PM SNACK |
|------------------------|-----------------------------------|--|--|
| MONDAY | Raisin toast Water | Salmon quiche Beet & orange salad Peas Watermelon Milk | Mini-pitas & tri-coloured pepper sticks with Tzatziki dip Water |
| TUESDAY | Waffles & syrup Orange Juice | Beef stroganoff on egg noodles Summer succotash Apple slices Milk | Graham crackers with cream cheese Water |
| WEDNESDAY | English muffins with jam Water | Vegetarian chili with beans Whole wheat bread Pineapple slices Milk | Vanilla ice Strawberries Water |
| PICNIC THURSDAY | Multi-grain cheerios Milk | Pinwheel rollups (cheese, ham and smoked turkey) Mandarin & strawberry salad with Romaine lettuce Bananas Water | Homemade cinnamon buns Milk |
| FRIDAY | Kiwi Yogurt Water | Barbequed chicken burgers with pickles & tomato slices Crunchy coleslaw Pears Milk | Salsa dip Whole grain Nacho chips Water |

