



Thistleoaks Child Care Centre

Menu - For the Week of _____

SUMMER 3



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	Mini-wheat cereal Milk	Whole wheat rotini in tomato sauce with cheese topping Italian greens Orange slices Water	White bean dip Multi-grain crackers Water
TUESDAY	Bagels and cream cheese Water	Sweet & sour meatballs Mashed potatoes Green & yellow beans Kiwi Milk	Banana & pea-butter roll ups Water
WEDNESDAY	Waffles Apple juice	Tuna melts with cheese Assorted pickle tray Carrots sticks Melon Milk	Fruit salad Water
PICNIC THURSDAY	Mini-quiches Water	Ploughman's platter - whole wheat buns, pate, cheddar cheese, gherkins 7 peppers Oatmeal cookies with milk Apples	Butternut squash dip Bread sticks Water
FRIDAY	Apple sauce Arrowroot cookies Water	Cheese and pepperoni pizza Caesar salad Assorted fresh fruit platter Milk	Nutri-grain bars Water