



Thistleoaks Child Care Centre

Menu - For the Week of _____

SUMMER 4



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	English muffins with grape jelly Water	Macaroni & Cheese Broccoli & Cauliflower Pumpernickel bread Apple slices Milk	Hummus with pita chips and cucumber sticks Water
TUESDAY	Pancakes with syrup Apple juice	Chicken orzo skillet Yellow & green beans Pineapple Milk	Vegetable spring rolls with plum sauce Water
WEDNESDAY	Multi-grain cheerios Milk	Fish burgers with tartar sauce Sweet potato fries Peas Oranges Milk	Apple cinnamon pitas Water
PICNIC THURSDAY	Cheese biscuits with butter Water	Pea-butter and jelly sandwiches Veggie chips Baby carrots and dip Watermelon Milk	Frozen yoghurt cones Water
FRIDAY	Bananas Yogurt Water	Barbequed jerk chicken patties Vegetable pasta salad Fruit sherbet Milk	Homemade bits and bites Water