



Thistleoaks Child Care Centre

Winter Menu – Week 4



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	Special "K" Cereal Milk	Split pea & ham soup Pea butter & jelly sandwiches Fresh fruit Milk	Cheese & Crackers Water
TUESDAY	Oatmeal & brown sugar Milk	Chicken parmesan Bowtie noodles Garden salad Fresh fruit Milk	Fruit Graham crackers Water
WEDNESDAY	Croissants Jam Milk	Fish sticks Sweet potato fries Parsnips & Carrots Fresh fruit Milk	Turkey Kohlbasa Cucumber Wheels Whole Wheat Crackers Water
THURSDAY	Multi grain cheerios Milk	Vegetable Lasanga Garlic Bread Fresh fruit Milk	Apple cinnamon pitas Juice
FRIDAY	Yogurt Fruit Milk	Turkey chili with beans Bread & Butter Trio of pepper sticks Fresh fruit Milk	Nachos with salsa Veggies Water