



# Thistleoaks Child Care Centre

## WEEK 1



| WEEKDAY          | AM SNACK                        | LUNCH  | PM SNACK   |
|------------------|---------------------------------|--|--|
| <b>MONDAY</b>    | Oatmeal with brown sugar & milk | Lentil Vegetable soup<br>Whole wheat buns<br>Cheddar cheese cubes<br>Apple slices<br>Water | Seasonal veggie sticks<br>Mini-pitas<br>Creamy cucumber dip<br>Water |
| <b>TUESDAY</b>   | Buttered raisin toast<br>Water  | Cheesy salmon shells<br>Peas<br>Assorted flatbreads<br>Melon<br>Milk                       | Jello with fruit<br>Water  |
| <b>WEDNESDAY</b> | Multigrain cheerios<br>Juice    | Sweet and sour meatballs<br>Mashed potatoes<br>Steamed broccoli<br>Pineapple<br>Milk       | Berry Blast four grain muffins<br>Water                              |
| <b>THURSDAY</b>  | Waffles with syrup<br>Juice     | Glazed Pineapple chicken<br>with rice<br>Green beans<br>Orange slices<br>Milk              | Spring rolls with plum sauce<br>Water                                |
| <b>FRIDAY</b>    | Yogurt<br>Bananas<br>Water      | Baked ham<br>Colourful bean and corn salad<br>Rye bread<br>Diced pears<br>Milk             | Homemade bits & bites<br>Water                                       |