



Thistleoaks Child Care Centre

Menu - For the Week of _____

Week 2



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	Toast & jam Water	Spinach cakes Tomato, cucumber and feta salad Orange slices Oatmeal cookies Milk	Egg salad with mini-pitas Water
TUESDAY	Pancakes with syrup Orange juice	Minestrone soup Focaccia bread Milk Melon	Pea-butter, banana and jam rollups Water
WEDNESDAY	Toasted apple cinnamon pitas Milk	Tuna melts Pickle tray Carrot sticks Mandarin oranges Milk	Mini-quiches Water
THURSDAY	Tea biscuits & jam Water	Beef stroganoff on egg noodles Beets Bread sticks Apple crisp Milk	Cheese & crackers Water
FRIDAY	Rice Krispies with milk	Chicken and sweet potato simmer on rice Green beans Bananas Milk	Nutri-grain bars Water