



Thistleoaks Child Care Centre

Menu – For the Week of _____

Week 3



WEEKDAY	AM SNACK	LUNCH	PM SNACK
MONDAY	Mixed cereal in a cup Milk	Sole fillets Mediterranean couscous salad Rye bread Apple slices Milk	Fruit with creamy berry dip Water
TUESDAY	Pancakes with syrup Juice	Scrambled eggs Baked beans Crunchy coleslaw Whole wheat bread Orange slices Milk	Hummus dip with pita triangles Water
WEDNESDAY	Cream of wheat cereal with Milk & brown sugar	Spaghetti with meat sauce Garden salad with cucumbers, cherry tomatoes and carrot Kiwi Milk	Applesauce Ginger cookies Water
THURSDAY	Bagels with cream cheese Water	Vegetable Biryani Beets Pita & raita dip Pineapple Milk	Ploughman's Platter Pate, crackers and gerkins Water
FRIDAY	Fruit Yogurt Arrowroot cookies Water	Sheppard's Pie Orange mandarin spinach salad Melon Milk	Rice Krispie squares Juice