

WHITE HALL DAYCARE (CANORA) LTD.

MENU WEEK 1

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal, fruit and Milk/Water	Veggie bake with sour cream Milk/Water	Ice-Cream with Chocolate Cookies Milk/water
TUESDAY	English muffins with jam and Fruits Milk/water	Chicken fried rice with veggies Milk/water	Fresh fruits with muffin Milk/Water
WEDNESDAY	Toast Hash browns with Ketchup Milk/Water	Chicken stew with bread and butter Milk/Water	Rice cake with jam Milk/Water
THURSDAY	Waffles with syrup and Fruits Milk/Water	Bread butter and Tomato soup with rice Milk/Water	Trail mix and fruit Milk/Water
FRIDAY	Mini bagels with butter Milk/Water	Macaroni with meat sauce and veggies Milk/Water	Cake and Mixed fruits Milk/Water

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MENU WEEK 2

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Toast with jam and butter Milk/Water	Hot dogs with cucumber Milk/Water	Cookies with fruit Milk/Water
TUESDAY	Mini bagels with butter and fruits Milk/Water	Baked pasta with veggies, garlic bread Milk/Water	Rice cake with jam Milk/Water
WEDNESDAY	Pancakes with syrup Milk/Water	Tomato soup with rice, bread and butter Milk/Water	Granola bar and fruit Milk/Water
THURSDAY	Waffles with syrup and fruit Milk/Water	Cheese macaroni with meat Milk/Water	Crackers with cheese and fruit Milk/Water
FRIDAY	Cereal and fruit Milk/Water	Spaghetti with meat and veggies Milk/Water	Graham Cracker with fruits Milk/Water

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MENU WEEK 3

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal with fruits Milk/Water	Cream-mushroom with ham sandwich Milk/Water	Graham Crackers with Bananas Milk/Water
TUESDAY	Boiled egg with toast Milk/Water	Chicken Stew with veggies, bread and butter Milk/Water	Wheat Crackers with Apples Milk/Water
WEDNESDAY	Cinnamon Toast and fruits Milk/Water	Sweet and sour meatballs with spaghetti Milk/Water	Trail mix and fruit Milk/Water
Thursday	Muffins with fruit Milk/Water	Veggie wraps (tortillas lettuce, cheese, tomatoes) Milk/Water	Cheese and Crackers Milk/Water
FRIDAY	Yogurt with butter and toast Milk/Water	Perogies with sour cream, veggies Milk/Water	Canned fruit with Arrowroot cookies Milk/Water

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MENU WEEK 4

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal with fruit Milk/Water	Chicken burgers with veggies Milk/Water	Ice cream, cookies Milk/water
TUESDAY	English muffins with jam & Fruits Milk/Water	Shepherd's pie with veggies Milk/Water	Fresh fruits, pretzels with Milk/Water
WEDNESDAY	Waffles with syrup and milk/water	Cheese grill with mash potatoes and veggies Milk/Water	Vanilla and chocolate cookies Milk/Water
THURSDAY	Toast ,cinnamon spread, Fruits Milk/Water	Pizza buns with meat Fruits milk, water	Muffins, fruit milk/water
FRIDAY	Raisin bread with butter and fruit Milk/Water	Fried Noodles with baked ham and veggies Milk/Water	Graham crackers and banana with Milk/Water

