

Week #1

Woodland Children's Centre
Summer Menu

Column1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted Cereals	Nutri Grain Cereal Bar	Apple Slices with Wow Butter	Fresh baked fruit muffins	English Muffin with grape jelly spread
	Juice or Milk	Juice	Milk	Juice	Juice
Lunch	Chicken Meat Pies with Mixed vegetables	Penne Pasta with a rich beef & tomato sauce roll with butter assorted vegetable sticks	All Beef Hot Dogs Condiments assorted vegetable Sticks Chips or Cheesies	Oven Baked Fish Sticks Garden fresh Peas & Carrots W.W. Bread & Butter	Choices of Sandwiches PB&J /Cheese Fresh Garden Salad
	Milk	Milk	Milk	Milk	Milk
	Apple Sauce with sprinkled cinnamon	Diced Peaches	Watermelon Slices	Ice cream Cone	Seasonal Fresh Fruit
Snack	Mini Bagels with Cheese Spread	Buttery Shortbread Cookie	Ritz crackers with cheese pieces	Seasonal Fresh Fruit	Gold fish Bites
	Juice	Juice	Juice	Milk	Juice

Picnic Day

Milk served is 2%

100% Juice concentrate with no added sugar

All Bread is whole wheat

Butter is Soya based Margarine