

Week #3

Woodland Children's Centre  
Summer Menu

Column1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Whole Wheat Cracker with Wow butter	Assorted Cereals	Mini Croissants with jam	Mini banana wrap bites with wow butter	English muffin with apple butter
	Juice	Milk	Juice	Juice	Juice
Lunch	Broccoli & Cheese Quiche Carrots	Breaded Chicken Pieces seasoned rice & peas Plum sauce	Baked Pizza Rolls Cesar salad with croutons	All Beef Hot Dog with Condiments Assorted Vegetable Sticks Chips or Cheesies	Assorted Cold Cut Platter Dinner Roll Vegetable Sticks Pickles
	Milk	Milk	Milk	Milk	Milk
	Fruit Cocktail	Diced Peaches	Orange Jello with Mandarin orange pieces	Seasonal Fresh fruit	Fresh Fruit
Snack	Digestive Cookie	Apples and Cheddar Cheese Cube	Bread Sticks with cheese whiz	Assorted Vegetable Sticks With Dip	Home-made Banana Bread
	juice	Milk	Juice	Juice	Juice

Picnic Day

Milk served is 2%  
100% Juice concentrate with no added sugar  
All Bread is whole wheat  
Butter is Soya based Margarine  
Wow Butter is a nut free gluten free product