

Week #4

Woodland Children's Centre
Summer Menu

Column1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted Cereals Juice	Nutrigrain Cereal Bar Juice	Raisin Bread Juice	Crispy Bread Sticks & cheese spread juice	Seasonal Fresh Fruit Milk
Lunch	Mini Vegetable spring rolls Chicken fried rice peas Milk Pineapple tidbits	Baked breaded fish fillets Dinner Roll tartar sauce Diced turnip & Carrots Milk Applesauce	Soft Meat Tacos with spiced beef & tomato filling lettuce/tomato/grated cheese Milk Graham cracker with Apple Wedge	Beef Burgers Condiments Cucumber Slices Pickles Milk Hawaiian dessert	Sandwich Day Cheese or Bologna Chips or Cheesies Vegetable Slices Milk Ice Cream Sandwiches
Snack	Arrowroot cookie & fruit cream cheese Juice	Seasonal Fresh Fruit Milk	Ritz Crackers with cheese chunks Milk	Melons Wedges & Graham Crackers Juice	Gold Fish Bites 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