

Week #1

Woodland Children's Centre

Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted Cereals Milk	Nutri grain bar Juice	Seasonal Fresh fruit Milk	Banana Wrap with Wow Butter Juice	Raisin Bread Juice
Lunch	Breaded Chicken pieces Seasoned Rice Cooked Carrots Milk Diced Peaches	Ground beef stew with California Vegetables Mashed Potatoes Milk Fruit Cocktail	All Beef Hot Dog Baked Brown Beans Vegetable Sticks Milk Whipped Pudding	Italian meat & Cheese Ravioli Mixed Green Salad Milk Ice Cream Cone	Tomato Soup tuna or jam sandwiches Crackers Vegetable Stick Milk Cinnamon Steusel Coffee Cake
Snack	Arrowroot Cookie Juice	Ritz cracker with Wow Butter Juice	Crisp bread stick with Cheese spread Juice	Home-made Trail mix Juice	Fresh Fruit Milk

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