

Week #2

Woodland Children's Centre

Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted cereal Milk	Crisp bread stick with cheese spread Juice	Fresh Baked Fruit Muffin Juice	Graham wafer with cream cheese Juice	English muffin & jam Juice
Lunch	Baked breaded fish Savoury Green Beans Diced Carrots Bread & Butter Milk AppleSauce	Chicken Meatballs with Gravy Oriental Rice with peas Milk Diced pears	Lazy Lasagna Assorted Vegetable Sticks Milk Jello with Mandarin Oranges	Beef Meat Pies Sweet Corn Milk Whipped Pudding	Chicken Noodle Soup Cheese or Bologna sandwiches crackers Vegetable stick Milk Seasonal fresh fruit
Snack	Bran crunch cookie Juice	Nutrigrain bar Milk	Wheat thin crackers & Kielbasa slice Juice	Seasoned fresh fruit Milk	Goldfish crackers Juice

Milk served is 2%

100% Juice concentrate with no added sugar

All Bread is whole wheat

Butter is Soya based Margarine