

Week #4

Woodland Children's Centre

Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted Cereal Juice	Graham wafer with cream cheese Juice	Fresh Baked Fruit Muffins Juice	English muffin with jam Juice	Raisin bread with Wow butter Juice
Lunch	Beef Breakfast Sausage Corn mash potatoes Milk Diced Peaches	Sweet & Sour Meatballs on buttery egg noodles peas & carrots Milk Jello & Fruit	Fish Burgers with condiments mix green salad Milk Whipped pudding	Wieners & rice casserole Vegetable sticks Milk Seasonal fresh fruit	Cream of Chicken Soup PB&J or Turkey Sandwiches Assorted vegetable sticks Crackers Milk Ice cream sandwich
Snack	Rice Krispie Square Juice	Digestive cookie Juice	Apples Cheddar cheese chunks Juice	Ants on a log Juice	Seasonal 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

PB&J is now Wow butter & jam