

Week #3

Woodland Children's Centre

Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Nutrigrain bar Juice	Assorted cereal Juice	Crispy bread stick with cheese whiz Juice	Apple Slices with Wow Butter Milk	Plain Bagel With jam Juice
Lunch	Tuna Casserole made with garden fresh peas on egg noodles Milk Fruit Cocktail	Old Fashion macaroni & cheese Vegetable Sticks Milk Applesauce with sprinkled cinnamon	Breaded Chicken Pieces Mixed green salad Bread & Butter Milk Whipped Pudding	Home-made Chili Seasoned Long Grain Rice Assorted Vegetable Stick Milk Peach Crumble	Tomato Soup ham or egg salad wraps crackers vegetable stick Milk Seasonal fresh fruit
Snack	Graham Wafers with Cream Cheese Juice	Home made trail mix Juice	Seasonal fresh fruit Milk	Bits & Bits Juice	Ritz Crackers & Cheese squares Juice

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