

Week #1

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rice Cake with Apple Butter Milk	Assorted Cereal Juice	Banana wrap with Wow butter Milk	Corn Cracker 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 Fresh Fruit	Tomato Soup Bologna or Cheese Sandwich Crackers Vegetable Stick Milk Cinnamon streusel coffee cake
Snack	Arrowroot Cookie with fruit Cream Cheese Juice	Fresh Fruit Milk	Home made trail mix Juice	W.W. Pretzel with Cheese Spread 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



Week #2

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Graham wafer with cream cheese Juice	Granola Juice	Assorted cereal Milk	Fresh Baked Fruit muffin Juice	English muffin & jam Milk
Lunch	Baked breaded fish Savory green beans Diced carrots Plantain Chips Milk Applesauce	Lazy Lasagna Assorted Vegetable Sticks Milk Diced pears	Chicken Meatballs with Gravy Oriental Rice with peas Milk Seasonal fresh fruit	Beef Meat pies sweet corn Milk Ice Cream Cone	Chicken Noodle Soup Tuna or Jam sandwiches Crackers Vegetable sticks Milk Seasonal fresh fruit
Snack	Oatmeal cookie Juice	Fresh Fruit Milk	Ritz cracker with wow butter Juice	Wheat thin crackers & Kielbasa slice Juice	Goldfish Crackers 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



Week #3

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rice Cake with Jam Milk	Raisin Bread Juice	Apple slices with Wow butter Milk	Cruchy Rice Roll Juice	Banana Wrap with wow butter Juice
Lunch	Tuna casserole made with garden fresh peas on egg noodles Milk Fruit Cocktail	Chicken Burgers on bun Vegetable sticks Milk Jello with fruit	Old fashion macaroni & cheese Mixed green salad Milk Peach crumble	Home made Chili Seasoned long grain rice Assorted vegetable Stick Milk Rice Krispie square	Tomato Soup ham or egg salad Wraps crackers vegetable stick Milk Seasonal fresh fruit
Snack	Bran crunch cookie Juice	Corn Crackers with Cream cheese Juice	Bits & Bits Juice	Seasonal fresh fruit Milk	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



Week #4

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	W.Wheat Pretzel with cheese whiz Juice	Crunchy Rice Roll Milk	Fresh Baked fruit muffins Juice	Assorted Cereal Milk	English Muffin Juice
Lunch	Beef Breakfast Sausage Corn mash potatoe Milk Diced Peaches	Sweet & Sour Meatballs on buttery egg noodles peas & carrots Milk Seasonal fresh fruit	Wieners & rice casserole mix green salad Milk Whipped pudding	Fish Burger on bun with condiments Vegetable sticks Milk Ice Cream Sandwich	Cream of Chicken Soup PB&J or turkey sandwiches Assorted vegetable sticks Plantain Chips Milk Seasonal fresh fruit
Snack	Goldfish Crackers Juice	Wwheat cracker with Cream cheese Juice	Apples wow butter & raisins Milk	Veg. thin cracker with cheese chunks Juice	Granola Milk

Milk served is 2%

100% Juice concentrate with no added sugar

All Bread is whole wheat

Butter is Soya based Margarine

Wowbutter is a nut free gluten free product

PB&J- wowbutter & jam

