

Week #1

Woodland Children's Centre
Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rice Cake with Apple Butter Milk	Assorted Cereal Water	Fresh Fruit Milk	Corn cracker with wow butter Water	Raisin Bread Water
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 Chicken or Cheese Sandwich Crackers Vegetable Stick Milk Cinnamon streusel coffee cake
Snack	Arrowroot Cookie with fruit Cream Cheese Water	Fresh Fruit Milk	Home made trail mix Water	Made Good Granola bar Milk	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

Sliced meats are Natural (no preservatives)



Menu subject to change due to supply issues

Week #2

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	W.Wheat Cracker apple butter Water	Crunchy rice roll Milk	Assorted cereal Milk	Fresh Baked Fruit muffin Milk	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	Beef Meatballs with Gravy Oriental Rice with peas Milk Seasonal fresh fruit	Hamburger on a bun with all the fixings Vegetable sticks Milk Frozen yogurt tube	Chicken Noodle Soup Tuna or Jam sandwiches crackers Vegetable stick Milk Seasonal fresh fruit
Snack	Oatmeal cookie Milk	Fresh Fruit Milk	Ritz cracker with wow butter Water	Wheat thin crackers & Kielbasa slice Water	Goldfish crackers Water

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

Sliced meats are Natural (no preservatives)



Menu subject to change due to supply issues

Week #3

Woodland Children's Centre
Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Rice Cakes With Jam Water	Raisin Bread Water	Apple slices with Wow butter Milk	Made Good Granola bar Water	English Muffin Jam Milk
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 Vanilla rice square made by Made Good	Tomato Soup ham or egg salad Wraps crackers vegetable stick Milk Seasonal fresh fruit
Snack	Animal Crackers Milk	Graham Crackers with Cream cheese Water	Bits & Bits Water	Seasonal fresh fruit Milk	Ritz Crackers & Cheese squares Water

- 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
- Sliced meats are Natural (no preservatives)



Menu subject to change due to supply issues

Week #4

Woodland Children's Centre

Winter Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Assorted Cereal Milk	Corn Crackers with Apple butter Milk	Crunchy Rice Roll Milk	Banana Wrap with Wow butter Milk	Fresh baked Fruit muffin Milk
Lunch	Beef Breakfast Sausage Corn mash potatoe Milk Diced Peaches	Sweet & Sour Meatballs on buttery egg noodles peas & carrots Milk Seasonal fresh fruit	Chicken & rice casserole mix green salad Milk Whipped pudding	Fish Burger on bun with condiments Vegetable sticks Milk Ice Cream Sandwich	Cream of Chicken Soup PBBJ or turkey sandwiches Assorted vegetable sticks plantain chips Milk Seasonal fresh fruit
Snack	Wwheat cracker with Cream cheese Water	Goldfish crackers Water	Apples wow butter & granola Water	Veg. thin cracker with cheese chunks Water	Made Good Granola bar Water

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

PBBJ- wowbutter & jam

Sliced meats are Natural (no preservatives)



Menu subject to change due to supply issues