

Creative Beginnings Childcare Centre- Sir Adam Beck  
We love to eat every colour of the rainbow!



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Whole Grain Cereal Fruit  Milk/Water	Peaches with Cottage Cheese  Water	Homemade Energy Bites Fruit  Milk/Water	Banana Oat Blast Smoothie and WW Crackers Fruit  Water	WW Toast 100% Fruit Spread Wow Butter  Milk
<b>Lunch</b>	Italian chicken Alfredo Pasta Honey glazed carrots fruit  Milk	“Charcuterie” Roasted chicken, cheese, Pickles, Hummus, veggie sticks, Pitas Strawberries and apples With yogurt dip  Milk	Tex Mex Beef Pizza (Red, green peppers, mushrooms onions) Cucumber dill salad Fruit  Milk	Lemon pepper Fish With turmeric rosemary seasoned potatoes Coleslaw Fruit  Milk	Sautéed spinach Cheese melts Couscous and black bean salad (Corn, cilantro, lime, cucumbers, red onions) Fruit  Milk
<b>PM Snack</b>	WW Tortillas Bananas Wow butter roll-ups  Water	WW bagels Cream cheese/Wow butter Fruit  Water	Watermelon Rice cakes Frozen Yogurt Tubs  Water	Hummus Veggies pita  Water	Graham crackers Cream cheese/apple butter Fruit  Water

**Allergies:** Children with allergies and/or food intolerances/restrictions are provided a tailored version of the regular menu to meet their individual needs.

**WW Breads may include:** Whole wheat or whole grain bread/buns/rolls/pitas/tortillas/naan

**Cereals may include:** Multi-Grain Cheerio's, Vector, Shreddies, Whole Grain Rice Crispies

**Fruit:** Seasonal and local when possible      Water is freely available throughout the day

**Summer Menu 2023**

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Yogurt Homemade Granola Fruit  Water	WW English muffin With Cheese/Wow Butter Fruit  Water	Blueberry Scones Glass of Milk Fruit  Water	Homemade Breakfast Cookies Fruit  Milk/Water	Whole Grain Cereal Milk and Fruit  Water
<b>Lunch</b>	Chicken, Green Bean, and Rice Soup with WW Bread Fruit  Milk	BBQ Slow Cooked Chicken on a Bun with Coleslaw Fruit  Milk	Turkey Meatballs in Creamy Mushroom Sauce over Rice with Green Beans and Cooked Carrots Fruit  Milk	Melt in Your Mouth Cod, Zucchini, Pepper, and Onion Medley with Potato Wedges Fruit  Milk	Mexican Burritos with Black Beans, Corn, Peppers, Onions, Cheese, and Rice on WW wraps. Salsa and Sour Cream Fruit  Milk
<b>PM Snack</b>	Cottage Cheese Dip with Nachos, Salsa, and Cucumbers  Water	Apple Sauce Cheese WW Crackers  Water	Cheese Melba Toast Cucumbers  Water	Fruit Tray Graham Crackers Frozen Yogurt Tubs  Water	Spinach Dip Pita Veggies  Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	WG Cereal with Milk Fruit  Water	WW English muffin Cheese Melts/Wow Butter Fruit  Water	Yogurt, Granola Fruit  Water	Vegan Peach Cobbler Plain Yogurt  Water	WW Toast 100% Fruit Spread Wow butter  Milk
<b>Lunch</b>	Baked Salt and Pepper Haddock Mashed Potatoes Grilled summer veggies  Fruit  Milk	Korean Beef Rice bowls Steamed Broccoli  Fruit  Milk	Chicken and Cheese Quesadillas Salsa /sour cream/ Guacamole Sweet corn Fruit  Milk	Deluxe Chicken Pizza (Mushrooms, green peppers, onions, cucumbers) Fruit  Milk	Cream of Potato Leek Soup Hummus/veggies WW Crackers Fruit  Milk
<b>PM Snack</b>	Apple sauce Graham crackers Frozen Yogurt Tubs  Water	Tzatziki Veggies WW Crackers  Water	Rice cakes Wow butter Fruit  Water	Nacho chips Guacamole/salsa Fruit  Water	Waldorf Chicken Salad Wow Butter Pita Carrot sticks/cucumbers  Water

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Whole Grain Cereal Milk Fruit  Water	Endless Summer Peach smoothie WW Crackers  Water	Yogurt Homemade granola  Fruit  Water	Apples and cinnamon Cottage cheese  Water	WW Toast 100% Fruit Spread Wow butter  Milk
<b>Lunch</b>	Turkey Spinach Herb and Garlic Cream Cheese Wraps Cucumbers Fruit  Milk	Indian Vegetarian Tikka Masala Sweet Potatoes/Chickpeas/ Cauliflower/Peppers Basmati Rice and Pita Fruit  Milk	Penne Pesto Bean Fusion Salad Cod Nuggets Fruit  Milk	Hungarian Beef Goulash With Gnocchi Green beans Fruit  Milk	Italian Wedding Soup (Beef Meatballs, Carrots, Celery, Spinach, Orzo) WW Crackers Fruit Salad  Milk
<b>PM Snack</b>	Cheese, WW Crackers Fruit  Water	Tuna Salad/Wow butter Veggies Pita  Water	Apple sauce Graham crackers Frozen yogurt Tubs  Water	Nacho chips Guacamole/salsa Fruit  Water	Yogurt Dip, Apples and Melba Toast  Water

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