

## Our Menus (Full-Day Programs)

Our menus are healthy and varied, reviewed by a registered dietitian, and based on recommendations from *Canada's Food Guide*. Snacks and meals are well-balanced, contain at least three food groups, and change according to the season. An allergy-aware and nut-free environment, we are responsive to dietary requirements (e.g. such as providing meat and dairy alternatives). We encourage children to be aware of their own hunger cues and make appropriate choices at meal times.

### Offered Daily:

- Two snacks
- Hot lunch
- Choices of fresh/frozen fruits and vegetables
- Water is always available

### Sample Menu (specific menus available at centre)

<b>Morning Snack</b>				
Whole Wheat English Muffins	Whole Grain Rice Krispies Cereal	Whole Grain Bran Muffins	Toasted Whole Wheat Bagels	Whole Wheat Blueberry Waffles
Yogurt	Milk	Milk	Cheddar Cheese	Milk
Fruit	Fruit	Fruit	Apple Slices	Applesauce
<b>Lunch Menu</b>				
Chicken Shawarma	Club Sandwiches on Whole Wheat Buns	Cheesy Pasta with Ground Turkey	Lentil Sheppard's Pie with Mashed Potatoes	Minestrone Soup
Tabouli Salad	Potato Wedges	Steamed Broccoli	Garden Salad	Tuna Sandwiches on Whole Wheat
Fresh Fruit	Fresh Fruit	Fresh fruit	Fresh fruit	Fresh fruit
Milk	Milk	Milk	Milk	Milk
<b>Afternoon Snack</b>				
Whole Wheat Soft Pretzel	Carrot Mini Loaves	Whole Wheat Breadsticks	Vanilla Yogurt	Whole Wheat Bagels
Havarti Cheese	Fruit Salad	Hummus	Cocoa Rice Cereal	Green Peppers
Apples/Pears	Milk	Red Peppers	Blueberries	
<b>Late Snack</b>				
Very light snack consisting of a fruit or vegetable				