

## Shearwater Children's Centre Week One

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Apple Sauce & Digestive Cookies	Raisin Bran Cereal & Whole Milk	Oatcakes & Apple Slices	Toasted Whole Wheat Bread with Jam & Apple Juice	Fruit Salad & Yogurt
<b>Meal</b>	<b>Homemade Chicken Soup</b>	<b>Tuna Casserole</b>	<b>Baked Ham &amp; Pancakes</b>	<b>Spaghetti &amp; Meat Sauce</b>	<b>Cheese &amp; Chicken Pizza</b>
<b>Meat or Alternative</b>	Chicken Chick Peas	Tuna	Ham	Ground Beef White Kidney Beans (ground in with hamburger)	Chicken
<b>Grain Product</b>	Rice WW Crackers	Whole Wheat Pasta	Pancakes	Whole Wheat Pasta	Whole Wheat Pizza Dough
<b>Fruit &amp; Vegetables</b>	Potatoes, Carrots, Celery, & Onions	Carrots & Peas	Mixed Veggies (corn, peas, corn, beans)	Tomato Sauce, Onions, Mushrooms, Green Pepper	Mini Carrots & a Fresh Veggie (on the side)
<b>Milk or Alternative</b>	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk Mozzarella & Cheddar Cheese Yogurt Dip
<b>Afternoon Snack</b>	Trail Mix (multigrain cheerios, goldfish & raisins)	Seasonal Fruit & Whole Wheat Soda Crackers	Cheese Cubes & Cucumber Slices	Orange Slices & Goldfish Crackers	Fresh Baked Muffin & Orange Juice

**\*Water will be served with all snacks.**

**Revised September 2016 (Standards for Food/Nutrition)**

*Seasonal Fruit may include pineapple, grapes, cantaloupe, watermelon, kiwi, berries etc.*

**Shearwater Children's Centre  
Week Two**

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Pears & Digestive Cookies	Mandarin Oranges topped with Yogurt	English Muffins & Bananas	Peaches & Yogurt	Blueberry Muffins & Apple Juice
<b>Meal</b>	<b>Homemade Vegetable Beef &amp; Lentil Soup</b>	<b>Chicken &amp; Broccoli Casserole</b>	<b>Sloppy Joes</b>	<b>Chicken Salad Sandwich</b>	<b>Oven Baked Haddock Fillets</b>
<b>Meat or Alternative</b>	Beef Lentil	Chicken	Ground Beef White Kidney Beans (ground in with hamburger)	Chicken	Haddock
<b>Grain Product</b>	Whole Wheat Crackers, Lentil	Whole Wheat Pasta	Whole Wheat Bun	Whole Wheat Bread	Rice
<b>Fruit &amp; Vegetables</b>	Green Beans, Onions, Celery, Carrots, Potatoes,	Broccoli	Garden Salad (lettuce, tomato, cucumber, carrots) Tomato Sauce	Chopped Celery & shredded Lettuce (in the wrap) Served with Fresh Veggies	Mixed Vegetables (corn, peas, beans, carrots)
<b>Milk or Alternative</b>	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
<b>Afternoon Snack</b>	Breton Crackers & Orange Slices	Molasses Cookies & Orange Juice	Peaches & Multigrain Wheat Thin Crackers	Apple Slices & Goldfish Crackers	Baby Carrots & Dip

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**Shearwater Children's Centre**  
**Week Three**

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Apple Sauce & Breton Crackers	Orange Slices & Multigrain Wheat Thin Cracker	Cinnamon Toast & Apple Wedges	Bananas & Yogurt	Fresh Baked Muffins & Orange Juice
<b>Meal</b>	<b>Beefaroni Casserole</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Tuna Melts</b>	<b>Shepherd's Pie</b>	<b>Chicken Quesadilla with Corn</b>
<b>Meat or Alternative</b>	Ground Beef	Chicken	Tuna	Ground Beef	Chicken
<b>Grain Product</b>	Whole Wheat Pasta	Rice	Whole Wheat Bun	Corn	Whole Wheat Tortilla Shell
<b>Fruit &amp; Vegetables</b>	Tomato Sauce, Canned Tomatoes, Onions, Green Pepper & Mushrooms	Broccoli	Garden Salad (lettuce, tomato, cucumber, carrot, celery)	Potato	Corn
<b>Milk or Alternative</b>	Whole Milk	Whole Milk	Whole Milk Cheese	Whole Milk	Whole Milk Cheddar Cheese
<b>Afternoon Snack</b>	Trail Mix (multigrain Cheerios, goldfish & raisins)	Homemade Cookies with Apple Juice	Seasonal Fruit & Specialty Crackers	Peaches & Triscuit Crackers	Whole Wheat Crackers, Cucumbers & a Fresh Veggie

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**Shearwater Children's Centre  
Week Four**

<b>Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Mandarin Oranges & Digestive Cookies	Pears topped with Yogurt	Whole Grain Waffle & Apple Slices	Toasted Bagels & Fruit Coulis	Fresh Baked Muffins & Apple Juice
<b>Meal</b>	<b>Corn Chowder with Chicken</b>	<b>Macaroni and Cheese with Ham</b>	<b>Homemade Meatballs with Vegetable Rice</b>	<b>Homemade Chicken Burgers</b>	<b>Fillet of Haddock with Lemon</b>
<b>Meat or Alternative</b>	Chicken	Ham	Ground Beef	Chicken	Haddock
<b>Grain Product</b>	Whole Wheat Crackers	Whole Wheat Pasta	Rice	Whole Wheat Bun	Rice
<b>Fruit &amp; Vegetables</b>	Potatoes, Corn, & Onions, Celery	Peas	Mixed Veggies (corn, peas, carrots, & green beans)	Mixed Vegetables (corn, peas, beans, carrots)	Broccoli & Carrots
<b>Milk or Alternative</b>	Whole Milk	Whole Milk Cheddar Cheese	Whole Milk	Whole Milk	Whole Milk
<b>Afternoon Snack</b>	Oranges & Triscuit Crackers	Cucumber Slices & Cheese Cubes	Homemade Tea Biscuits with Jam & Orange Juice	Seasonal Fruit & Goldfish Crackers	Wheat Thin Crackers & Raisins

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