

LA GARDERIE DES MOUSSAILLONS-STOUFFVILLE



Healthy Balance Spring/Summer Menu 2015 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes with Milk	Banana Oatmeal Bar	Organic Rice Cake with Berry Applesauce	Shreddies with Milk	Orange Cranberry Muffin
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Brooklyn Macaroni and Cheese with Beef Sausage, Green Peas, Fresh Fruit	Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit	BBQ Chicken Drumstick, Green Beans, Buttered Pasta, Fresh Fruit	Chicken Bowtie Pasta Soup (Chicken, Bowtie Pasta, Onion, Carrots, Celery), Whole Wheat Baguette, Fresh Broccoli, Fresh Fruit	Teriyaki Glazed Fish Filet, Whole Wheat Bread, Garden Salad with Dressing, Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Whole Wheat Mini Pita with Hummus	Cheddar Cheese Curds & Whole Wheat Soda Crackers	Garlic & Herb Italian Bread with Diced Bruschetta	WW Cheese Pizza	Banana Roll Up (1/3 Banana, Tortilla Wrap and Nut Free Butter)
PM Bev					

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for diets that are Dairy Free, Gluten Free, Egg Free, Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).

Menu In Effect: April 20th, 2015

Water is also available throughout the day



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural

LA GARDERIE DES MOUSSAILLONS-STOUFFVILLE



Healthy Balance Spring/Summer Menu 2015 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes with Milk	Peach Yogurt with Granola	Whole Grain Cinnamon & Raisin Thin Bagel	Rice Krispies with Milk	Fruit and Fibre Muffin
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Beef Ravioli in Tomato Sauce, Green Beans, Fresh Fruit	Fish Sticks, Green Salad with Dressing, Whole Wheat Bread, Fresh Fruit	Classic Macaroni and Cheese, Chickpea Salad, Fresh Fruit	Tomato Bean Soup, Whole Wheat Mini Pita, Turkey Slice, Baby Carrots, Fresh Fruit	Moroccan Chicken Drumstick, Brown Rice, Garden Salad with Dressing, Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Oatmeal Apple Cookie with Baby Carrots	Yellow Corn Tortilla Chips and Salsa	Chicken Slice in Tortilla Wrap	Zucchini Carrot Loaf and Fresh Fruit	Social Tea Biscuits with Baby Carrots
PM Bev					

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Healthy Balance Spring/Summer Menu 2015 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes with Milk	WW English Muffin and Nut Free Butter	Carrot Muffin	Shreddies with Milk	Maple Hot Cake
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Peachy Chicken Drumstick, Brown Rice, Mixed Vegetables (Corn, Carrots, Beans, Peas), Fresh Fruit	Organic Spaghetti with Bolognese Sauce (Tomato and Beef Sauce), Green Peas, Fresh Fruit	Tex-Mex Egg Quesadilla (Egg, Cheese, Tortilla, Mixed Peppers, Onion), Green Beans, Fresh Fruit	Chicken Rice Casserole (Chicken Rice, Red Peppers, Corn, Celery), Baby Carrots, Fresh Fruit	Zippy Beef Casserole (Beef, Pasta, Cheese, Mushroom), Green Peas and Diced Carrots, Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	1/2 of a Whole Wheat Cheese Sandwich	Whole Wheat Pita with Hummus Dip	Banana Oatmeal Bar and Fresh Fruit	Cheddar Cheese Curds and Whole Wheat Breton Crackers	Social Tea Biscuits with Vanilla Dip
PM Bev					

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Healthy Balance Spring/Summer Menu 2015 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Corn Flakes with Milk	Vanilla Yogurt with Granola	Whole Grain Thin Bagel with Apple Butter	Rice Krispies with Milk	Lemon Blueberry Muffin
AM Bev	Milk	Milk	Milk	Milk	Milk
Entrée	Island Beef (Lean Ground Beef and Spices), Brown Rice, Broccoli, Fresh Fruit	White Fish Lasagna, California Mixed Vegetables (Broccoli, Cauliflower, Carrots,), Fresh Fruit	Apple Roasted Chicken Drumstick, Pasta on the side, Corn and Green Peas, Fresh Fruit	Minestrone Soup (Spinach, Tomato, Carrots, Onion, Celery, Zucchini, Beans), Chicken Slice on a Whole Wheat Bun, Baby Carrots, Fresh Fruit	Beef Taco (Seasoned Lean Ground Beef, Rice Whole Wheat Tortilla), Salsa, Garden Salad with Dressing, Fresh Fruit
Lunch Bev	Milk	Milk	Milk	Milk	Milk
PM Snack	Yellow Corn Tortilla Chips and Salsa	Whole Grain Pancake with Fresh Fruit	Whole Wheat Nut Free Butter Sandwich	Carrots, Cucumbers, Soda Crackers and Spinach Dip	Trail Mix (MG Cheerios, Banana Chips, Granola) and Fresh Fruit
PM Bev					

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