



## SPRING/SUMMER MENU 2025

Weeks of: May 26<sup>th</sup>, June 23<sup>rd</sup>, July 21<sup>st</sup>, August 18<sup>th</sup>, September 15<sup>th</sup>, October 14<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Filipino Style Chicken Pancit w/ Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Yummy Tomato Bruschetta Garlic Naan
<b>TUESDAY</b>	Vegan Brioche Bread Power Up Raspberry Spread	Baked Haddock and Cod Fish Cakes Whole Wheat Pita Pouch P.E.I Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Fresh Fruit Whole Grain Parmesan Triscuits
<b>WEDNESDAY</b>	Yogurt Fresh Fruit	Spinach & Cheese Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce *Broccoli & Cauliflower Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Zucchini Loaf Apple, Berry, Cherry 100% Fruit Puree
<b>THURSDAY</b>	Whole Grain Peach Scone Chia Charged Papaya & Apple 100% Fruit Puree	Baked Turkey Burger Whole Wheat Artisan Bun *Peas & Carrots Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Steamed Vegetables Vegetable Corn Round
<b>FRIDAY</b>	Hard Boiled Egg Everything Crackers	Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Blueberry Oat Bun Fresh Fruit

#### Milk and/or Water are served with lunch and snacks

- \* Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



## SPRING/SUMMER MENU 2025

Weeks of: June 2<sup>nd</sup> & 30<sup>th</sup>, July 28<sup>th</sup>, August 25<sup>th</sup>, September 22<sup>nd</sup>, October 20<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Baked Chicken Kafta Rainbow Couscous (corn, couscous, *green peppers, *kale, onions, red peppers) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Zesty Garden Southwest Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Peachy Tropical 100% Fruit Puree	Veggie Bean Taco Whole Wheat Tortilla *Green Peas & Carrots Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Fish Wedge Barley Vegetable Risotto (barley, corn, onions, mushrooms, *peas) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Fresh Fruit Spice Snaps
<b>THURSDAY</b>	Lemon Coconut Oatmeal Bar	Falafel Balls with Roasted Red Pepper Sauce Ginger Brown Rice *Green & Yellow Beans Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
<b>FRIDAY</b>	Yogurt Fresh Fruit	Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Mini Pizza Swirl Steamed Carrots

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## SPRING/SUMMER MENU 2025

Weeks of: June 9<sup>th</sup>, July 7<sup>th</sup>, August 5<sup>th</sup>, September 2<sup>nd</sup> & 29<sup>th</sup>, October 27<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Egg Patty Tomato Coconut Rice *Green & Yellow Beans Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Tangy Twist Hummus Whole Wheat Naan
TUESDAY	Vegan Brioche Bread Berry Strong Spread	Pasta with Creamy Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Fresh Fruit Whole Grain Garden Veggie Cracker Bites
WEDNESDAY	Yogurt Fresh Fruit	Extra Lean Beef Sloppy Joe Whole Wheat Artisan Bun *Peas & Corn Fresh Fruit	Whole Grain Mixed Berry Loaf Blueberry & Apple 100% Fruit Puree
THURSDAY	Whole Grain Lemon Scone Chia Power Dragon Fruit & Apple 100% Fruit Puree	Enchanted Garden Chicken (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano beans) Vegetable Pasta Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Steamed Vegetables Whole Grain Corn Round
FRIDAY	Plant Based Garlic & Herb Cream Cheeze Cracked Wheat Crackers	Rustic Summer Chili (black beans, carrots, corn, *green/red peppers, onions, squash, tvp, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Apple Cinnamon Raisin Bun Fresh Fruit

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## SPRING/SUMMER MENU 2025

Weeks of: June 16<sup>th</sup>, July 14<sup>th</sup>, August 11<sup>th</sup>, September 8<sup>th</sup>, October 6<sup>th</sup>

### Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Tomato Sauce Whole Wheat Bun Mixed Vegetables (*broccoli, carrots, cauliflower) Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Beanie Bellissimo Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Zesty Lemon Chicken Medley (*broccoli, chicken, eggplant, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Yogurt Multigrain Trail Mix
<b>WEDNESDAY</b>	Vegan Lemon Chia Muffin Hat Fresh Fruit	Tri Colour Cheese Tortellini with Creamy Garlic Bean Sauce *Green & Yellow Beans Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Fresh Fruit Multigrain Wheat Thins
<b>THURSDAY</b>	Whole Grain Cinnamon Raisin Bread Plant Based Cream Cheeze	<b>TASTE TEST THURSDAYS!</b> (Please see posting at centre to see what's cooking!)	Vegan Whole Grain Banana Cookie Mango Tango 100% Fruit Puree
<b>FRIDAY</b>	Yogurt Fresh Fruit	Tuna Melt Mac & Cheese *Broccoli & Cauliflower Fresh Fruit <i>*No Replacement Needed – Regular Meal is Halal</i>	Whole Grain Mini Pizza Swirls Steamed Carrots

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