





# St. Andrews Early Learning and Child Care Fall/Winter Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cereal Raisins Milk	Yoghurt and Granola Fruit Milk	Muffins Fruit Milk	Bagels with Cream Cheese or Jam Fruit Milk	Oatmeal Fruit Milk
<b>Lunch</b>	Cheese Quesadillas  Rice Salsa and Sour Cream Cold Veggie Fresh Fruit Milk	Whole Wheat Spaghetti with Sauce  Shredded Cheese Cooked Peas Cold Veggie Fresh Fruit Milk	Perogies and Garlic Sausage  Cooked Corn Cold Veggie Fresh Fruit Milk	Scrambled Eggs and Hash Brown Casserole  (Shredded Potatoes, Bacon, Creamy Cheese Sauce, Shredded Cheese) Cooked Peas and Carrots Cold Veggies Fresh Fruit Milk	  <p style="text-align: center;"><b>Burger and “Fry-Day”!</b> Hamburgers, Smiley Fries Cold Veggie Fresh Fruit Milk</p> 
<b>Afternoon Snack</b>	Assorted Veggies and Hummus Naan Bread Water	Banana Roll Ups (Tortillas, Wow Butter, Bananas) Water	Fruit Smoothies (Assorted Fruit and Berries, Yoghurt, Juice) Crackers	Trail Mix (Assorted Cereal and Crackers, Pretzels, Raisins) Fruit Water	Centre Baking (Eg: cookies, rice krispie/puff wheat cake, brownies, slice, scones) Fruit Milk



# St. Andrews Early Learning and Child Care

## Fall/Winter Menu

### Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<b>Toast With Butter and Jam Fruit Milk</b>	<b>Cereal Raisins Milk</b>	<b>Waffles With Syrup Fruit Milk</b>	<b>English Muffins With Butter and Jam Fruit Milk</b>	<b>Yoghurt and Granola Fruit Milk</b>
Lunch	<b>Soup and Wrap Sandwiches</b>  <b>(Egg Salad/Turkey, Cream Cheese and Cucumber Wraps, Chicken Noodle Soup)</b> <b>Cold Veggie Fresh Fruit Milk</b>	<b>Fettuccine Alfredo Steamed Broccoli</b>  <b>Cold Veggie Fresh Fruit Milk</b>	<b>Homemade Fish Fingers and Fries</b>  <b>Cold Veggie Fresh Fruit Milk</b>	<b>Meatballs with Gravy Rice</b>  <b>Cooked peas and Carrots Cold Veggie Fresh Fruit Milk</b>	 <b>Pepperoni and Cheese Pizza</b>  <b>Cold Veggie Fresh Fruit Milk</b>
Afternoon Snack	<b>Pudding Fruit Water</b>	<b>Fruit Salad (made with seasonal and canned fruit) Crackers Water</b>	<b>Centre Baking (Eg: cookies, rice krispie/puff wheat cake, brownies, slice, scones) Fruit Milk</b>	<b>Assorted Veggies and Dip Crackers Water</b>	<b>Ice Cream Cones Fruit Water</b>







# St. Andrews Early Learning and Child Care Fall/Winter Menu Week 3



Morning Snack

Lunch

Afternoon Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Raisins Milk	Yoghurt and Granola Fruit Milk	Waffles with Syrup Fruit Milk	Homemade Muffins Fruit Milk	Bagels with Cream Cheese and Jam Fruit Milk
Lunch	Macaroni and Cheese  Cooked Veggies Cold Veggie Fresh Fruit Milk	Sloppy Joes  (Saucy Ground Beef, Buns, Shredded Cheese) Steamed Broccoli Cold Veggie Fresh Fruit Milk	Big Breakfast  (French Toast, Hash Browns, Sausages) Cold Veggie Fresh Fruit Milk	Homemade Chicken Fingers and Fries  Cooked Veggies Cold Veggie Fresh Fruit Milk	<b>Pigs in a Blanket and Funky Pasta Salad</b>   (Hot Dog Wraps, Fun Shaped Pasta Salad, Veggies Fresh Fruit Milk  
Afternoon Snack	Banana Roll Ups (Tortillas, Wow Butter, Bananas) Water	Assorted Fresh Veggies and Dip Crackers Water	Fruit Bars (Frozen Fruit, Yogurt, Honey, Granola) Water	Fruit Salad (Made with seasonal and canned fruit) Crackers Water	Homemade Cookies Fruit Milk

**St. Andrews Early Learning  
and Child Care  
Fall/Winter Menu  
Week 4**



Morning Snack

Lunch

Afternoon Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Raisins Milk	English Muffins With Butter and Jam Fruit Milk	Yoghurt and Granola Fruit Milk	Rice Cakes with Wow Butter and Jam Fruit Milk	Banana Bread Fruit Milk
Lunch	Lasagna (Noodles, Ground Beef, Cottage Cheese, Sauce, Shredded Cheese) Cooked Peas Cold Veggie Fresh Fruit Milk	Finger Foods (Buns, Garlic Sausage, Boiled Eggs, Cheese, Pickles, Veggies) Fresh Fruit Milk	Roast Chicken Dinner  Mashed Potatoes and Gravy Cooked Carrots Cold Veggie Fresh Fruit Milk	Grilled Cheese Sandwiches and Tomato Soup  Cold Veggie Fresh Fruit Milk	<b>Fiesta Friday Tacos</b>  (Ground Beef, Rice, Cheese, Lettuce, Tomatoes, Salsa, Sour Cream, Mini Flour Tortillas Fresh Fruit Milk)
Afternoon Snack	Assorted Veggies and Hummus Naan Bread Water	Trail Mix (Assorted Cereal and Crackers, Pretzels, Raisins) Fruit Water	Apple Sauce Graham Crackers Water	Brownie, Fruit and Pudding Parfait Water	Ice Cream Cones Fruit Water

