



**St. Andrews Early Learning
and Child Care
Spring/Summer Menu
Week 1**



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Raisins Milk	Yoghurt and Granola Fruit Milk	Muffins Fruit Milk	Bagels with Cream Cheese or Jam Fruit Milk	Oatmeal Fruit Milk
Lunch	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	Hamburgers and Pasta Salad Cold Veggie Fresh Fruit Milk	Wow Butter and Jam Sandwiches Apple Sauce Cold Veggies Fresh Fruit Milk
Afternoon Snack	Assorted Veggies and Hummus Naan Bread Water	Banana Roll Ups (Tortillas, Wow Butter, Bananas) Water	Centre Baking (Eg: cookies, rice krispie/puff wheat cake, brownies, slice, scones) Fruit Milk	Trail Mix (Assorted Cereal and Crackers, Pretzels, Raisins) Fruit Water	Fruit Smoothies (Assorted Fruit and Berries, Yoghurt, Juice) Crackers



**St. Andrews Early Learning
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Spring/Summer Menu
Week 2



Morning Snack

Lunch

Afternoon Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Toast With Butter and Jam Fruit Milk	Cereal Raisins Milk	Waffles With Syrup Fruit Milk	English Muffins With Butter and Jam Fruit Milk	Yoghurt and Granola Fruit Milk
Lunch	Pepperoni and Cheese Pizza Cold Veggies Fresh Fruit Milk	Homemade Fish Fingers and Fries Cold Veggie Fresh Fruit Milk	Cucumber Sandwiches and Chicken Noodle Soup Cold Veggie Fresh Fruit Milk	Fettuccine Alfredo Steamed Broccoli Cold Veggie Fresh Fruit Milk	Finger Foods (Buns, Garlic Sausage, Boiled Eggs, Cheese, Pickles, Veggies) Fresh Fruit Milk
Afternoon Snack	Pudding Fruit Water	Fruit Salad (made with seasonal and canned fruit) Crackers Water	Centre Baking (Eg: cookies, rice krispie/puff wheat cake, brownies, slice, scones) Fruit Milk	Assorted Veggies and Dip Crackers Water	Ice Cream Cones Fruit Water



**St. Andrews Early Learning
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Spring/Summer 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	Sub Sandwiches and Vegetable Soup (hot dog buns, ham, turkey, pickles, lettuce, tomato, cheese) Cold Veggie Fresh Fruit Milk	Homemade Chicken Fingers and Fries Cooked Veggies Cold Veggie Fresh Fruit Milk	Big Breakfast (Scrambled Eggs, Hash Brown, Sausages, Toast) Cold Veggie Fresh Fruit Milk
Afternoon Snack	Banana Roll Ups (Tortillas, Wow Butter, Bananas) Water	Cheese and Crackers Fruit Water	Fruit Pops (Yogurt, Assorted Frozen Berries and Fruit, Orange Juice) Crackers Water	Fruit Salad (Made with seasonal and canned fruit) Crackers Water	Homemade Cookies Fruit Milk

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Spring/Summer Menu

Week 4



	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	Taco Salad (Ground Beef, Rice, Cheese, Lettuce, Tomatoes, Salsa, Sour Cream, Tortilla Chips) Fresh Fruit Milk	Pepperoni and Cheese Pizza Cold Veggies Fresh Fruit Milk	Mini Quiche and Hash Browns (egg, cheese, bacon, in tart shells) Cold Veggie Fresh Fruit Milk	Grilled Cheese Sandwiches and Tomato Soup Cold Veggie Fresh Fruit Milk	Finger Foods (Buns, Garlic Sausage, Boiled Eggs, Cheese, Pickles, Veggies) 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	Pudding Crackers Water	Ice Cream Cones Fruit Water