

Centre: _____

Dates: _____

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Fruit: _____ Milk/Water	Applesauce Cookies _____ Fruit: _____ Milk/Water	Naan Bread with butter and cinnamon sprinkles or Twice the Fruit jam cream cheese Milk/Water	Yogurt Frozen Fruit Water	Raisin Bread/Bagels with Butter Fruit: _____ Milk/Water
Lunch	Pasta _____ Tomato Sauce with legumes Veggie Sticks/Salad Milk/Water Fruit: _____	Baked Fish Curry Barley or Rice Potatoes Hot Vegetables Milk/Water Fruit: _____	Cook's Choice Beef Milk/Water Fruit: _____	Quiche (eggs, broccoli, cheese) Salad Milk/Water Fruit: _____	Home Made Soup _____ Assorted Sandwich Spreads (salmon or tuna, egg, chicken salad) Milk/Water Fruit: _____
Afternoon Snack	Cheddar cheese Whole Wheat Crackers Water	Rice crackers Veggies Hummus Fruit: _____ Water	Pasta /Green Salad Water	Multigrain Pita with a choice of Dip _____ Water	Crackers _____ Apple Slices Turkey Kielbasa Water

Cracker List

- W.W. Premium Plus
- W.W. Breton Crackers
- Cheddar Goldfish
- P.C. Grain Crisp
- Wheat Thins

Infant cookies/crackers

- Rice Rusks
- Puffs
- W.W. Toppables
- W.W. Breton

Cookie List

- Arrowroot
- Graham Crackers
- Digestive Cookies
- Bran Crunch Cookies

No sugar added
Shortcake Cookies

Dip List

- Hummus, Bean Dip,
- Spinach Dip,
- Cream Cheese
- Baba ghanoush