

The Preschool Centre – Clark St. Menu's

Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Apple slices Milk / Water	Waffles w/ Whipped Cream Strawberries Milk / Water	Wow Butter and Banana Wraps Milk / Water	Muffins Oranges Milk / Water	Biscuits w/ Jam Oranges Milk / Water
Lunch	Hashbrown Casserole Carrot sticks Oranges Milk / Water	Fish Sticks Tater Wedges Cucumbers Apples Milk / Water	Vegetable / Chicken Soup Crackers Oranges Milk / Water	Plain Rice Meatballs Corn Apples Milk / Water	Chili Rolls Apples Milk / Water
Afternoon Snack	Chocolate Pudding Bananas Milk / Water	Pineapple Social Crackers Milk / Water	Macarons Apples Milk / Water	Granola Bars Bananas Milk / Water	Crackers Cheese Dried Apricots Milk / Water

