

# The Preschool Centre

## Week Four Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Mandarin Oranges, Digestive Biscuits, Milk or Water	Yogurt, Blueberries, Milk	Cheerios, Bananas, Milk or Water	Breakfast Wraps (soft tortillas, cream cheese, strawberries) Milk or Water	Toast with Jam, Milk or Water
L U N C H	Spaghetti with Meat Sauce, Oranges, Milk	Broccoli Chicken Divan, Egg Noodles, Corn, Grapes, Milk	Hearty Ham Casserole, Grapes, Milk	Pancakes with Syrup, Baked Sausages, Bananas, Milk	Fish Burgers, Caesar Salad, Kiwi, Milk
Pm Snack	Crackers & Cheese Grapes, Milk or Water	Chocolate Chip Muffins, Oranges, Milk or Water	Apple Sauce, Arrowroot Cookies, Milk or Water	Cinnamon Scones, Apples, Milk or Water	Frozen Yogurt Bars, Bananas, Milk or Water