

The Preschool Centre

Week One Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Pears, Graham Crackers, Water	Corn Flakes, Banana, Water	Yogurt, Blueberries, Water	Waffles with Bananas, Water	English Muffins with Berry Jam, Kiwi, Water
L U N C H	Chicken Pot Pie, Biscuit Top, Apples, Milk	Macaroni & Cheese Casserole, Diced Veggies, Apples, Milk	Tomato Soup, Grilled Cheese Sandwiches, Cucumbers, Grapes, Milk	Hash Brown Casserole, Corn, Kiwi, Milk	Chicken Breast Burgers, Carrots & Cucumbers, Apples, Milk
Pm Snack	Rice Crispy Squares, Oranges Water	Homemade Cranberry Oatmeal Cookies Kiwi, Water	Digestive Biscuits With Cream Cheese, Apples, Water	Crackers & Cheese, Apples, Water	Trail Mix, Oranges, Water