

The Preschool Centre – Clark St. Menu's

Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Apple slices Milk / Water	Biscuits with jam Strawberries Milk / Water	Muffins Oranges Milk / Water	Banana Wraps Milk / Water	Croissants Oranges Milk / Water
Lunch	Plain Rice Meatballs Corn Fruit Milk / Water	Fish Sticks Tater Wedges Cucumbers Fruit Milk / Water	Chicken Caesar Salad Wraps Apples Milk / Water	Hashbrown Casserole Fruit Milk / Water	Picnic Lunch Fruit Milk / Water
Afternoon Snack	Cookies Fruit Milk / Water	Pineapple Social Crackers Milk / Water	Watermelon Breton Crackers Milk / Water	Cinnamon Pita Chips Fruit Salsa Milk / Water	Crackers Cheese Fruit Milk / Water