

# The Preschool Centre

## Week Four Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Mandarin Oranges, Digestive Biscuits, Water	Yogurt, Blueberries, Water	Cheerios, Bananas, Water	Breakfast Wraps (soft tortillas, cream cheese, strawberries) Water	Toast with Jam, 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 Crushed Fruit, Scrambled Eggs, Bananas, Milk	Fish Burgers, Caesar Salad, Kiwi, Milk
Pm Snack	Crackers & Cheese Grapes, Water	Cranberry Muffins, Oranges, Water	Apple Sauce, Arrowroot Cookies, Water	Cinnamon Scones, Apples, Water	Ice Cream Sandwiches, Bananas, Water