



## Lunch Lady Child Care Menu



Menu items are subject to change  
 Substitutions will be made for allergies and dietary restrictions.  
 Water is available at each meal, snack time and throughout the day.

WEEK 1					
AM SNACK	Whole Grain Cereal, Milk & Fruit	Whole Wheat Buttered Bread & Orange Wedges	Hard Boiled Egg, Whole Wheat Crackers & Veggies	Overnight Oats & Banana	Muffin of the Day & Fruit
LUNCH	Chicken and Egg Fried Whole Grain Rice and Steamed Veggies Fruit	Homemade Mac and Cheese made with Real Cheese Power Veggies Fruit	Lightly Breaded Fish w/ Baked Potato Wedges Steamed Corn Fruit	Topsy Turvey Beef Lasagna with Homemade Tomato Sauce & Steamed Green Peas Fruit	Chicken Noodle Soup with Garlic Bread Veggies Fruit
PM SNACK	Egg Salad with Whole Wheat Crackers & Veggies	Veggies & Fishy Crackers	Fruit & Digestive Cookies	Rice Cake, Cheese Slice & Fruit	Lunchie Trail Mix & Applesauce
WEEK 2					
AM SNACK	Cheese, Whole Wheat Crackers & Fruit	Muffin of the Day & Fruit	Fresh Apple & Arrowroot Cookies	Mixed Berries and Yogurt Parfait	Whole Grain Pancakes & Fruit
LUNCH	Vegetarian Burrito Bowl with Whole Grain Rice Power Mix Fruit	Whole Wheat Sunshine Sandwich with Fresh Tomato & Cucumber Salad Fruit	Lightly Breaded Sole with Whole Wheat Dinner Roll Veggies Fruit	BBQ Beef Meatballs with Homemade Mashed Potatoes & Corn Fruit	Italian Chicken with Potato Wedges Green Peas Fruit
PM SNACK	Fruit & Raisin Quarters	Pasta Salad with Fresh Veggies	Rice Cake, Cheese Slice & Fruit	Whole Grain Melba Toast & Orange Wedges	Digestive Cookies & Applesauce



# Healthy Lunches. Made Simple.



the  
Lunch  
Lady

[thelunchlady.ca](http://thelunchlady.ca)

We meet the requirements of the Early Childhood Education Act.



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WEEK 3					
AM SNACK	Overnight Oats & Banana	Peach Slices and Yogurt	Hardboiled Egg, Whole Wheat Crackers & Fruit	Overnight Oats & Orange Wedges	Muffin of the Day & Fruit
LUNCH	Topsy Turvey Beef Lasagna with Homemade Tomato Sauce & Steamed Green Peas Fruit	All Day Breakfast with Whole Grain Pancakes, Omelet & Home Fries Fruit	Lightly Breaded Sole with Wholegrain Rice Corn Nibbles Fruit	Homemade Shepherd's Pie with Real Mashed Potatoes Peas and Corn Fruit	Vegetarian Chili with Rice  Veggies or Salad Fruit
PM SNACK	Rice Cake, Cheese Slice & Fruit	Buttered Bagel & Fruit	Fruit & Digestive Cookies	Whole Wheat Roll with Cheese & Veggies	Lunchie Trail Mix & Applesauce
WEEK 4					
AM SNACK	Cheese, Whole Wheat Crackers & Fruit	Muffin of the Day & Fruit	Fresh Apple & French Toast Fingers	Mixed Berries & Yogurt Parfait	Applesauce & Whole Grain Pancakes
LUNCH	Teriyaki Chicken with Whole Grain Rice Oriental Veggies Fruit	Whole Wheat Grilled Cheese Sandwich Tomato Soup Fruit	Baked Pollock on a Whole Wheat Bun Carrot Coins Fruit	Whole Wheat Spaghetti & Beef Meatballs in Homemade Tomato Sauce w/ Green Peas & Fruit	Farmer's Platter w/ Hardboiled Egg & Whole Wheat Roll & Fresh Veggies Fruit
PM SNACK	Fruit & Raisin Bread Quarters	Pasta Salad with Fresh Veggies	Whole Wheat Roll with Cheese & Veggies	Whole Grain Melba Toast & Orange Wedges	Veggies & Whole Wheat Buttered Bread



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