






2018-2019 DAYCARE 6-CYCLE MENU
THE CHILDREN ON HILL/LES ENFANTS DE LA COLLINE
MENU - WEEK # 3 FOR PARENTS

All nutrition requirements meet with the recommendations and standards for the Canada Food Guide
 This Daycare is a nut, peanuts, crab and shell fish free environment please call 992-2879 in case of doubt.

THE CHILDREN ON THE HILL/LES ENFANTS DE LA COLLINE

Monday	Tuesday	Wednesday	Thursday	Friday
				Italian Style Wedding Soup
Banana Bread Milk	Ind. Corn Flakes Cereal Box Milk	Mini-Croissant Strawberry Jam Milk	Rice Cakes Melon Balls & Pineapple Milk	Cinnamon Raisin Bagel Cream Cheese Regular
Chicken Caesar Wrap Cherry Tomatoes 	Beef Paprika Macaroni noodles Broccoli and corn 	Tomato, carrots, cucumber and peppers Cheese Pizza 	Cucumber (Slices) Shepard's Pie Butter peas 	Red Peppers (Sticks) Chicken Divan Shell noodles Broccoli 
WW bread 2% Milk Honeydew (Wedges)	WW bread 2% Milk Banana Flax Cookies	WW bread 2% Milk Bananas	WW Bread 2% Milk Apple Yellow Delicious	WW Bread 2% Milk Red Grapes
Apple Macintosh Marble Cheese (Cubes)	Green Peppers (Sticks) Hummus	Cantaloupe (Wedges) Ind. Fruit Yogurt Assorted	Tomato (Wedges) Cheddar Mild (Cubes) Unsalted Crackers	Apples, cheese, crackers, vegetables and hummus, yogurt and cantaloupe