

SAMPLE MENU

THE CHILDREN ON THE HILL/LES ENFANTS DE LA COLLINE

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Seasonal Fruit Water	Cranberry Lemon Bagel Cream Cheese	Rice Krispies Cereal Milk	Bananas Milk	Raisin Bread Milk
Macaroni Beef & Cheese Garden Salad Homemade Dressing Carrot Sticks Bread and Milk Fruit Salad	Chicken Quesadilla Sour Cream Salsa & Guacamole Mexican Salad Cucumber Slices Milk Red Grapes	Hamburger Soup Mushroom Pepper Steak Mixed Vegetables Roasted Wedge Potatoes Red & Green Peppers Bread and Milk Seasonal Fruit	Vegetarian Lasagna Caesar Salad Croutons Bacon Bits Bread and Milk Cookies	Frittata Lorraine Chef's Salad Homemade Dressing Tomato Wedges Bread and Milk Carrot Loaf
Lemon Raspberry Loaf Milk	Assorted vegetables cut in sticks (celery, carrots, red and green peppers) Tzatziki Dressing Water	Rice Cakes Cottage Cheese Apples Water	Seasonal Fruit Cheese Water	Rice Cakes Seasonal Fruit Water

All nutritional requirements meet with the recommendations and standards for the Canada Food Guide.

This Daycare is a nut, peanuts, crab and shellfish free environment. Please call (613) 992-2879 in case of doubt.