

MENU



LYNNWOOD LEARNING CENTRE
A Daycare With Distinction
 Operated by Calgary Childcare 2 LTD

REVISED JANUARY 2019

| WEEK #3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|---|--|---|--|
| MORNING SNACK | Cereal Milk | Bagel w/ cream cheese Milk | Muffin Milk | Cereal Milk | 100% Whole wheat bread toast Milk |
| LUNCH | Asian style noodle (chicken, vegetable in soy sauce) Milk | Chicken rice soup w/vegetables Soda Cracker Milk | Macaroni Pasta w/Beef, tomato sauce, vegetables Milk | Chili (bean, ground beef, vegetable) Buns Milk | Hot dogs (chicken) Celery stick Milk |
| AFTERNOON SNACK | Cheese (marble or cheddar) w/ crackers | Chocolate Muffin Fruits | Fresh cut vegetables w/ ranch dressing Crackers Fruits | Mixed berry cereal bar Apple slices | Fresh fruit Crackers |

NOTE :

- Fruits served is apple, orange, mixed berries or seasonal fruits.
- Bread / Toast is white / whole-wheat with margarine / raspberry or strawberry jam, cinnamon.
- Children remaining at 5:00pm are served a light snack of soda crackers.
- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.
- Breakfast muffin – Bran, Banana, Carrot or Chocolate.
- Cereals – Corn flakes, Rice Krispy, Cheerios.
- Vegetable – Cauliflower, Cucumber, Carrot, Celery.
- Crackers – Multigrain, Soda, Graham, Animal, Vegetable.

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| WEEK #2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|---|--|-----------------------------------|---|
| MORNING SNACK | Cereal Milk | Bagel w/ cream cheese Milk | Muffin Milk | Cereal Milk | 100% Whole wheat bread toast Milk |
| LUNCH | Chicken nugget w/ vegetable Rice Milk | Spaghetti (beef, tomato w/ vegetable) Milk | Lentil soup In chicken broth w/ vegetable Soda Cracker Milk | Tuna melt Carrot stick Milk | Homemade chicken noodle soup w/ corn muffin Milk |
| AFTERNOON SNACK | Vegetables w/ Ranch dressing | Banana Muffin Fruits | Fresh fruits w/ crackers | Yogurt w/Mountain mix | Multi grain tortillas w/ cheese |

NOTE :

- Fruits served is apple, orange, mixed berries or seasonal fruits.
- Bread / Toast is white / whole-wheat with margarine / raspberry or strawberry jam, cinnamon.
- Children remaining at 5:00pm are served a light snack of soda crackers.
- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.
- Breakfast muffin – Bran, Banana, Carrot or Chocolate.
- Cereals – Corn flakes, Rice Krispy, Cheerios.
- Vegetable – Cauliflower, Cucumber, Carrot, Celery.
- Crackers – Multigrain, Soda, Graham, Animal, Vegetable.

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REVISED JANUARY 2019

| WEEK #1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--|---|---|---|---|
| MORNING SNACK | Cereal Milk | Bagel w/ cream cheese Milk | Muffin Milk | Cereal Milk | 100% Whole wheat bread toast Milk |
| LUNCH | Chicken rice soup With vegetables Milk | Shepherd's pie (beef, potato, vegetables) Milk | Grilled cheese w/ bologna Carrot stick Milk | Chicken Barley soup w/ vegetables Milk | Pizza buns (Tomato sauce, salami, cheese) Apple slices Milk |
| AFTERNOON SNACK | Fruit salad w/ crackers | Vegetables w/ Ranch dressing Crackers | Apple sauce Crackers | Fresh fruit Crackers | Oatmeal cookies Milk |

NOTE :

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- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.
- Breakfast muffin – Bran, Banana, Carrot or Chocolate.
- Cereals – Corn flakes, Rice Krispy, Cheerios.
- Vegetable – Cauliflower, Cucumber, Carrot, Celery.
- Crackers – Multigrain, Soda, Graham, Animal, Vegetables