



2024/2025 Menu

Cardinal Carter Child Care Centre



WEEK 1		DATE:			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am - 9:00am	Cereal with Milk	Scrambled Eggs & Toast	English Muffin with Butter, Cream Cheese & Jam	Yogurt with Fresh Fruit	Cereal with Milk
Lunch 11:30pm - 12:00pm	Cod Balls Basmati Rice Mixed Vegetables	Pasta Bolognese with Carrots	Sheppard's Pie	Chicken Soup with Vegetables & Crackers	Grilled Cheese Sandwiches with Cucumbers
Afternoon Snack 2:30pm - 3:00pm	Cheese & Crackers	Crunchy Rice Rolls with Cream Cheese & Jam	Homemade Muffins	Vegetables with Ranch Dip	Goldfish with Fresh Fruits
Substitution					

WEEK 2		DATE:			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Oatmeal with Fresh Fruits	Scrambled Eggs & Toast	Waffles with Fresh Fruit	Cinnamon Raisin Toast with Butter, Cream Cheese & Jam	Cereal with Milk
Lunch 11:30am-12:00pm	Pasta with Broccoli	Chicken Strips Basmati Rice Mixed Vegetables	Mini Sliders with French Fries	Vegetables Soup with Chicken Meatballs	Cheese Pizza with Cucumbers
Afternoon Snack 2:30pm-3:00pm	Apple Sauce with Graham Crackers	Pita Slices with Cream Cheese	Yogurt with Arrowroot Cookies	Fruit Salad	Homemade Banana Bread with Fresh Fruits
Substitution					

September 2024

All snacks conform to the standards set within the current Child Care and Early Years Act and Canada's Food Recommendations Guide. Milk and Water are served throughout the duration of the whole program.

Mixed Cereals include but are not limited to Cheerios, Multi-Grain Cheerios, Corn Flakes, Rice Krispies and Shreddies.

****Vegetarian, Gluten-Free, Dairy-Free and Egg-Free Meals are available upon request****



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WEEK 3		DATE:			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	Yogurt and Fruit Smoothies & Arrowroot Cookies	Scrambles Eggs & Toast	Bagels with Butter, Cream Cheese & Jam	Cereal with Milk
Lunch 11:30am-12:00pm	Egg Sandwiches with Cucumbers	Lasagna with Broccoli	Cod Balls Basmati Rice Mixed Vegetables	Meatloaf and Mashed Potatoes with Broccoli	Lentil Soup & Crackers
Afternoon Snack 2:30pm-3:00pm	Cheese & Crackers	Vegetables with Ranch Dip	Yogurt with Arrowroot Cookies	Homemade Muffins	Made Good Bars with Fresh Fruits
Substitution					

WEEK 4		DATE:			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Oatmeal with Fresh Fruits	Toast with Butter, Cream Cheese & Jam	Scrambles Eggs & Toast	Pancakes with Fresh Fruits	Cereal with Milk
Lunch 11:30am-12:00pm	Macroni and Cheese with Carrots	Turkey Sandwiches with Cucumbers	Cheese Pizza with Green Beans	Chicken Strips Basmati Rice Mixed Vegetables	Beef and Black Bean Tacos
Afternoon Snack 2:30pm-3:00pm	Homemade Muffins	Goldfish with Fresh Fruits	Vegetables with Ranch Dip	Yogurt Smoothies	Fruit Salad
Substitution					

September 2024

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