

**LAURENTIAN CHILD AND FAMILY CENTRE
FALL & WINTER MENU**

Week: 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Pancakes & Fruit Sauce Milk	Oatmeal Milk	Toast & Applesauce Milk	Quiche Milk
Lunch	Pasta with Meat & Salad Fresh fruit Milk	Butternut Squash Soup Ham & Cheese Sandwich Fresh fruit Milk	Chicken Couscous Vegetables Fresh fruit Milk	Fish Rice Vegetables Fresh fruit Milk	Ground beef Potatoes Vegetables Fresh fruit Milk
Afternoon Snack	Nacho, Cheese & Cucumber Water	Fruit & Rice Cakes Water	Cheese, Pickles Kielbasa & Crackers Water	Scones Water	Bagels - Cream Cheese & Cucumber Water

Week: 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	English Muffin Apple Sauce Milk	Fruit Muffin Milk	Cereal Milk	Waffles & Fruit Sauce Milk	Eggs & Toast Milk
Lunch	Pasta, Meat & Salad Fresh Fruit Milk	Hamburger Potatoes Vegetables Fresh fruit Milk	Beef Barley Soup Chicken, Cheese Sandwich Fresh Fruit Milk	Chicken Stir Fry Rice Fresh Fruit Milk	Pork Roast Potatoes Vegetables Fresh Fruit Milk
Afternoon Snack	Vegetable, Cheese & Crackers Water	Fruit & Pretzel Water	Wow Butter Toast/Banana Water	Fruit Loaf Water	Tea Biscuits Pickles & Tomatoes Water

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Week: 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk	Toast & Fruit Milk	Oatmeal Milk	Pancakes & Fruit Sauce Milk	Quiche Milk
Lunch	Pasta, Meat & Salad Fresh Fruit Milk	Confetti Chicken Rice, Vegetables Fresh Fruit Milk	Cream of Broccoli Soup Ham, Cheese Sandwich Fresh Fruit Milk	Fish Couscous Vegetables Fresh Fruit Milk	Meatloaf Potatoes Vegetables Fresh Fruit Milk
Afternoon Snack	Corn Bread & Cucumber Water	Cheese, Cracker & Vegetables Water	Mini Pizza & Cucumber Water	Fruit Scones Water	Apple Sauce & Arrowroot Cookies Water

Week: 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pancakes & Fruit sauce Milk	Fruit Muffin Milk	Toast & Fruit Milk	Cereal Milk	Egg, English Muffin Milk
Lunch	Pasta - Meat & Salad Fresh Fruit Milk	Chicken Noodle Soup Grill Cheese Sandwich Fresh fruit Milk	Ham Potatoes Vegetables Fresh Fruit Milk	Meat balls Rice Vegetable Fresh Fruit Milk	Sausage Couscous Vegetable Fresh fruit Milk
Afternoon Snack	Cheese-Kielbasa-Pickles & Crackers Water	Party Mix Water	Garlic Toast Cucumber Water	Fruit Loaf Water	Fruit & Rice Cake Water

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