

Child Care Centre Sample Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Sliced Banana Milk	Blueberry Muffin Peaches	Apple Sauce Graham Wafer Milk	Cereal with Berries Milk	Orange Juice Toast with nut butter or soft margarine
Vegetables and Fruits	Banana	Canned peaches	Apple Sauce	Fresh or Frozen Berries	Orange Juice
Grain Products		Blueberry Muffin (50% whole grain)	Graham Wafer (homemade)	Cereal	Whole Grain or Enriched Bread
Milk and Alternates	Milk		Milk	Milk	
Meat and Alternates					
Noon Meal	Pot Roast of Beef Au Jus Seasonal Vegetables	Vegetarian Chili Cauliflower Florets Corn Bread	Fish Rollups Bread Stuffing Spinach Salad Sweet Potato Fries (Home Made)	Chicken Cacciatore Broccoli Florets Whole Grain Rice	Blended Seasonal Vegetable Soup Mini Submarine Sandwiches
Vegetables and Fruits	Small Boiled Potato Baby Carrots Green Beans	Tomato, Onion, Green Peppers Cauliflower (raw)	Spinach Mushrooms Sweet Potato	Tomato, Onion, Celery Broccoli (raw)	Squash, Leeks, Potato, ... Lettuce, Tomato, Cucumber Slices
Grain Products	Whole Grain Bread	Corn Bread	Whole Grain and Enriched Bread Stuffing	Whole Grain Rice	Whole Grain and Enriched Submarine Rolls
Milk and Alternates	Milk	Milk	Milk	Milk	Milk
Meat and Alternates	Thinly Sliced Roast Beef	Kidney and Black Beans	Fish – Turbot or Halibut	Chicken, Boneless, Skinless	Ham, Tuna Fish, Egg
Afternoon Snack	Watermelon Crackers	Seasonal Fruit Milk	Peppers Hummus Dip	Seasonal Vegetable Platter Cheese Cubes	Apple Slices Oatmeal Cookie (Home Made) Milk
Vegetables and Fruits	Watermelon	Seasonal Fruit	Red and Green Pepper	Seasonal Vegetables	Apple
Grain Products	Whole Grain Crackers				Home Made Oatmeal Cookie
Milk and Alternates		Milk		Cheese	Milk
Meat and Alternates			Hummus		

Commentary

Food and Nutrition Standards	Follows menu template and food group best practices. Serve the meat 'au jus' rather than with gravy.	Follows menu template and food group best practices. Corn and beans are complementary proteins.	Follows menu template and food group best practices. The stuffing made with the whole grain bread adds texture contrast to the fish.	Follows menu template and food group best practices. No need to have dips with a vegetable platter!	Follows menu template and food group best practices. The soup provides the Vegetables and Fruits food group serving.
Creativity and Aesthetics	Carrots and green bean provide a colour and shape contrast. Crackers with the fruit add to the texture contrast.	Serve a raw vegetable with meals to give a texture and temperature contrast.	Orange fries, green salad provide an appealing colour contrast with the white fish. Colour and texture contrasts with the snack.	The berries will enhance the flavour of a whole grain low sugar cereal. Whole grain rice adds a nice nutty flavour to the meal.	Be creative with the soup – try a few different types of vegetables, season with fresh herbs, cook and puree.

Child Considerations	Serve two vegetables, to offer familiar with one less so.	The raw form of the vegetable is more familiar for young children.	The fries offer a familiar food along fish. The rollup shape is interesting to children – call it fish wheels!	You can serve the chicken strips separate from the cacciatore sauce for children who prefer it that way.	Children can drink their soup from a cup.
Centre Considerations	Other seasonal vegetables may be turnip, beets, Swiss chard, peas, etc.	See the Pulse Canada cookbook for great ways to use beans and peas – meat alternates.	Sweet potato fries can be prepared in advance, seasoned and baked just before service.	Offer some unfamiliar seasonal vegetables with the more common ones.	A sandwich day is popular with children and a good option for day trips or excursions.