

Balgonie Early Learning Centre Inc Menu Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am
Cereal & Milk Fruit Milk	Pancakes Fruit Milk	Whole Wheat Toast Cream Cheese/Jam Fruit Milk	Quiche Tarts Fruit Milk	Pumpkin Muffins Fruit Milk
Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm
Chicken Alfredo Penne Pasta Steamed Vegetables Milk	Hot Dogs Bun Vegetable Milk	Sloppy Joes Bun Steamed Vegetables Milk	Spaghetti with Homemade Meat Sauce Steamed Vegetables Milk	Left Over Day Seasonal Vegetables Milk
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
Pretzel Veggie Sticks Water	Yogurt Seasonal Fruit Water	Oatmeal Granola Bars Raisins Water	Homemade Pudding Fruit Milk	Trail Mix Carrots Water
Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm
Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.

*School age will have breakfast at 8:00am and receive snack when they return from school.

Balgonie Early Learning Centre Inc Menu Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am
<p style="text-align: center;">Bagels Fruit Milk</p>	<p style="text-align: center;">Cereal with milk Fruit Milk</p>	<p style="text-align: center;">Breakfast Parfait (Yogurt, granola, berries) Milk</p>	<p style="text-align: center;">Pancakes Fruit Milk</p>	<p style="text-align: center;">Homemade Banana Bread Fruit Milk</p>
Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm
<p style="text-align: center;">Sausage with Rice Steamed Vegetables Milk</p>	<p style="text-align: center;">Beef Tacos (cheese, tomatoes, spinach, salsa, sour cream, whole wheat wrap) Milk</p>	<p style="text-align: center;">Ham and Cheese Pizza Seasonal Vegetables Milk</p>	<p style="text-align: center;">Spaghetti with Homemade Meat Sauce Steamed Vegetables Milk</p>	<p style="text-align: center;">Leftover Day Seasonal Vegetables Milk</p>
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
<p style="text-align: center;">Pretzels Carrot Sticks Water</p>	<p style="text-align: center;">Seasonal Vegetables Crackers Water</p>	<p style="text-align: center;">Homemade Oatmeal Granola Bars Raisins Water</p>	<p style="text-align: center;">Yogurt Fruit Water</p>	<p style="text-align: center;">Chocolate Banana Oatmeal Bites Raisins Water</p>
Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm
<p style="text-align: center;">Children will receive an appropriate snack upon request by the child.</p>	<p style="text-align: center;">Children will receive an appropriate snack upon request by the child.</p>	<p style="text-align: center;">Children will receive an appropriate snack upon request by the child.</p>	<p style="text-align: center;">Children will receive an appropriate snack upon request by the child.</p>	<p style="text-align: center;">Children will receive an appropriate snack upon request by the child.</p>

*School age will have breakfast at 8:00am and receive snack when they return from school.

Balgonie Early Learning Centre Inc Menu Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am
Bagels Cream Cheese/Jam Fruit Milk	Cereal with milk Fruit Milk	Blueberry Muffins Fruit Milk	Quiche Fruit Milk	Banana Bread Fruit Milk
Lunch 11:30am- 12:00pm	Lunch 11:30am- 12:00pm	Lunch 11:30am- 12:00pm	Lunch 11:30am- 12:00pm	Lunch 11:30am- 12:00pm
Hot Dogs Buns Steamed Vegetables Milk	Homemade Pizza (Ham or Pepperoni, Cheese, tomato sauce) Veggies and Dip Milk	Chicken Nuggets and Fries (crackers) Vegetables Milk	Grilled Ham and Cheese Steamed Vegetables Milk	Left Over Day Seasonal Vegetables Milk
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
Oatmeal Granola Bars Raisins Water	Seasonal Veggies Crackers Water	Trail Mix Dried Cranberries Water	Yogurt Arrowroot Crackers Fruit Water	Pretzels Dried Fruit Water
Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm
Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.

*School age will have breakfast at 8:00am and receive snack when they return from school.

Balgonie Early Learning Centre Inc Menu Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am	Breakfast 8:30am
Cereal & Milk Dried Fruit Milk	Pancakes Fruit Milk	Toast Cream Cheese/Jam Fruit Milk	Quiche Tarts Fruit Milk	Banana Muffins Dried Cranberries Milk
Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm	Lunch 11:30am-12:00pm
Baked Taco Pasta Seasonal Vegetables Milk	Ham and Cheese Wraps Vegetables Milk	Sausage Perogies Vegetables Milk	Chicken Alfredo Penne Pasta Steamed Vegetables Milk	Left Over Day Seasonal Vegetables Milk
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
Pretzels Veggie Sticks and Dip Water	Yogurt Fruit Water	Homemade Birthday Cake Fruit Goldfish Water	Pumpkin Muffins Raisins Water	Mixed Berry Oatmeal Bites Dried Cranberries Water
Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm	Snack 5:30pm
Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.	Children will receive an appropriate snack upon request by the child.

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School Age Packed Lunches

Week 1

Monday-Bologna and Cheese Sandwich
Tuesday- Chicken Alfredo Pasta
Wednesday- Hot Dog
Thursday- Sloppy Joe
Friday- Spaghetti and Meat Sauce

Week 2

Monday- Ham and Cheese Sandwich
Tuesday- Sausage and Rice
Wednesday- Soft Tacos
Thursday- Pepperoni Pizza
Friday-Spaghetti and Meat Sauce

Week 3

Monday- Turkey and Cheese Sandwich
Tuesday- Hot Dogs
Wednesday- Pepperoni Pizza
Thursday- Chicken Nuggets and Fries
Friday- Ham and Cheese Wrap

Week 4

Monday- Bologna and Cheese Sandwich
Tuesday- Baked Taco Pasta
Wednesday- Sausage and Crackers
Thursday- Sausage and Perogies
Friday- Chicken Alfredo Pasta

All lunches include a fruit or veggie and a granola bar. Subject to change without notice.