

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	Toast Cream Cheese/Jam Fruit Milk	Quiche Tarts Fruit Milk	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
Hot Dogs Bun Vegetables Milk	McMuffin's (pork sausage, English muffin, cheese) Vegetables Milk	Sloppy Joes (ground pork/beef) Bun Steamed Vegetables Milk	Baked Taco Pasta (pasta, ground pork/beef, sauce, cheese) Milk	Left Over Day Seasonal Vegetables Milk
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
Crackers Veggie Sticks Water	Yogurt Seasonal Fruit Water	Oatmeal Granola Bars Raisins Water	Chickpea Blondies Fruit Water	Arrow Root Crackers 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 an optional 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
Bagels Cream Cheese/Jam Fruit Milk	Cereal with milk Fruit Milk	Quiche Tarts Fruit Milk	Pancakes Fruit Milk	Homemade 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
Sausage with Rice Steamed Vegetables Milk	Spaghetti with Homemade Meat Sauce Steamed Vegetables Milk	Homemade Pizza (ham or pepperoni, Cheese, tomato sauce) Veggies and Dip Milk	Chicken Nuggets and Rice Vegetables Milk	Leftover Day Seasonal Vegetables Milk
Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm	Snack 2:30pm
Crackers Carrot Sticks Water	Goldfish Seasonal Vegetables Water	Homemade Oatmeal Granola Bars Raisins Water	Graham Cracker Apple Sauce Water	Frozen Yogurt Tubes 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 an optional 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	Muffins Fruit Milk	Quiche Tarts Fruit Milk	Homemade 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	Sloppy Joes (ground pork/beef) Bun Steamed Vegetables Milk	Baked Taco Pasta (pasta, ground pork/beef, sauce, 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
Arrow Root Crackers Fruit Water	Pita Bread Seasonal Veggies Water	Oatmeal Granola Bars Fruit Water	Muffins Fruit Water	Goldfish 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 an optional 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 Fruit Milk	Pancakes Fruit Milk	Toast Cream Cheese/Jam Fruit Milk	Quiche Tarts Fruit Milk	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
Macaroni and Cheese Sausage Seasonal Vegetables Milk	Meatballs and Rice 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
Crackers Veggie Sticks Water	Homemade Oatmeal Bites Dried Cranberries Water	Goldfish Fruit Water	Homemade Banana Bread Raisins Water	Arrow Root Crackers Apple Sauce 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 an optional snack when they return from school.