

BRIDLEWOOL CHILDREN'S CENTRE MENU

January 6th – 10th, 2020

DO NOT REMOVE

DAY	BREAKFAST	LUNCH	PM SNACK	4:00 PM SNACK
MONDAY 6th January	White/Whole Wheat Toast w/ Jam Milk	Rice w/Chicken & mushroom sauce Mix Vegetables White/Whole Wheat Bread and Butter Milk	Fresh Fruit w/ Crackers Filtered Water	Fish Crackers or Animal Cookies Filtered Water
TUESDAYS 7th January	Asst. Cereal Milk	Perogies w/ Mix Vegetables White/Whole Wheat Bread and Butter Milk	Yogurt w/ Crackers Filtered Water	Fish Crackers or Animal Cookies Filtered Water
WEDNESDAY 8th January	Waffles Milk	Soup w/ crackers Mix Vegetables Milk	Muffins	Fish Crackers or Animal Cookies Filtered Water
THURSDAY 9th January	White/Whole Wheat Toast w/ Jam Milk	Pasta w/ meat& tomato sauce Mix Vegetables White/Whole Wheat Bread and butter Milk	Fresh Fruit w/ Crackers Filtered Water	Fish Crackers or Animal Cookies Filtered Water
FRIDAY 10th January	Asst. Cereal Milk	Assorted Sandwiches Meat, Jam, Cheese, Tuna or Egg Mixed Fresh Veggies Milk	Fresh Fruit w/ Crackers Filtered Water	Fish Crackers or Animal Cookies Filtered Water

Bridlewood Children Centre follows the Canada Food Guide.

**Cereal: Rice Krispies/ Corn Flakes/ Special K/ Cheerios/ etc.

**Melon is one of the following: Honey Dew/ Water melon/ Cantaloupe.

*Signifies what a child or children, staff, or parent have suggested

Fruit Muffins may contain any or all of the following: Bananas/ Melon/ Apples/ Oranges/ pears