



Bridgewater Day Care Centre Spring/Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	banana muffins, milk, & raisins	fruit slices, cheese, and milk	whole grain cereal with fruit, & water	whole wheat toast, egg, and juice	whole wheat cereal, fruit, & milk
Lunch	beef/rice pitas, veggie salad (tomato, green pepper), milk, and fruit cocktail	spaghetti & meatsauce caesar salad, garlic bread, milk, and lemon blueberry bread	pulled pork, potato and cucumber salads, whole wheat bread, milk, and fruit/yogurt dessert	hodgepodge, beef or chicken slices, whole wheat bread, milk and pineapple chunks	tuna wraps, sweet potato, turnip, green pepper sticks, with hummus, milk and oatmeal cookie
PM Snack	melon slices, whole wheat crackers, & water	carrot, turnip, green pepper sticks with dip, whole wheat crackers, & water	rice cakes, peach slices, & water	fruit slices, whole grain cereal, & water	pita with peabutter & juice
Week 2					
AM Snack	fruit slices, whole wheat crackers, & water	granola, fruit slices, & water	cranberry muffins & juice	whole wheat toast, apple sauce, & water	fruit cocktail, yogurt, & milk
Lunch	chicken salad sandwiches, tomato and veggie sticks, milk and bananas	vegetable soup with lentils, cheese cubes, whole wheat bread, milk, and fruit pops	Shepherd's Pie, whole wheat bread, milk and cantaloupe	chicken fajita, caesar salad, cheddar cheese, milk and banana pudding	macaroni hamburger mix, veggie salad, whole wheat bread, milk and apple crisp
PM Snack	oatmeal cookies, oranges & water	tuna dip with whole wheat crackers & juice	Carrot & turnip sticks, whole wheat crackers, & water	whole grain cereal, melon slices, & water	cheese cubes, peach slices, & water

Note: juices are 100% pure juice from concentrate. Homogenized milk is served to children under 24 months all other ages receive 2 %. Breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip, cabbage, sweet potato are substituted with soft vegetable, for infants. Serving sizes are consistent with Canada's Food Guide



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	whole grain cereal, milk & berries	hot oatmeal cereal, raisins, & milk	bran muffins, & juice	eggs, whole wheat toast, & juice	apples, &/or bananas, peabutter, & water
Lunch	macaroni & cheese, green beans, whole wheat bread, milk and peaches	tuna sandwiches, carrot & green pepper sticks, milk and molasses cookies	chili, toasted tortilla, cheddar cheese, caesar salad, milk, and date cake	pizza with tomato, green pepper, hamburger, mushrooms, pineapple and cheese, veggie sticks, milk, frozen yogurt	chicken pita, chick pea and tomato salad, milk, and peaches
PM Snack	whole wheat crackers, peabutter, raisins, & water	melon slices, cheese cubes, & water	fruit slices, whole wheat crackers & water	veggie sticks with dip, flaxseed biscuits and jam & water	fruit slices, whole grain cereal, & water
Week 4					
AM Snack	whole grain cereal, fruit slices, & milk	raisins, whole wheat toast, fruit & milk	fruit slices, whole wheat crackers, & water	whole wheat crackers, grapes & water	fruit muffins, fruit slices, & milk
Lunch	egg salad sandwiches, sweet potato, tomato, green pepper sticks with hummus, milk, and fresh fruit	chicken divan, noodles, broccoli, whole wheat bread, milk, and peach gelatin	whole wheat tacos with spinach, tomato, onion, and cheese, milk, and pineapple	sweet & sour meatloaf, rice, green pepper, zucchini, sweet potato sticks, whole wheat bread, milk and pears	cod/haddock nuggets, potatoes, mixed vegetables, whole wheat bread, milk, and zucchini cake
PM Snack	blueberry salsa, toasted whole wheat tortillas, & juice	oatmeal cookies, carrot slices, & milk	whole wheat crackers, tuna dip, cabbage slices, & water	granola squares, mandarin oranges, & water	whole wheat crackers, cheese, & juice

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition
 Signature: Denise McAuley
 Date: April 30, 2021