



SPRING/SUMMER MENU 2025

Weeks of: May 26th, June 23rd, July 21st, August 18th, September 15th, October 14th

Preschool - School Age Menu

DAY	LUNCH
MONDAY	Filipino Style Chicken Pancit w/ Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks) Fresh Fruit
TUESDAY	Baked Haddock and Cod Fish Cakes Whole Wheat Pita Pouch P.E.I Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit
WEDNESDAY	Spinach & Cheese Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce *Spring Mix Salad with Carrots Fresh Fruit
THURSDAY	Baked Turkey Burger Whole Wheat Artisan Bun *Peas & Carrots Fresh Fruit
FRIDAY	Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



SPRING/SUMMER MENU 2025

Weeks of: June 2nd & 30th, July 28th, August 25th, September 22nd, October 20th

Preschool - School Age Menu

DAY	LUNCH
MONDAY	Baked Chicken Kafta Rainbow Couscous (corn, couscous, *green peppers, *kale, onions, red peppers) Fresh Fruit
TUESDAY	Veggie Bean Taco Whole Wheat Tortilla *Green Salad w/ Purple Cabbage & Shredded Carrots Fresh Fruit
WEDNESDAY	Baked Fish Wedge Barley Vegetable Risotto (barley, corn, onions, mushrooms, *peas) Fresh Fruit
THURSDAY	Korean Style Beef Meatballs Ginger Brown Rice *Spring Mix Salad Fresh Fruit
FRIDAY	Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit

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SPRING/SUMMER MENU 2025

Weeks of: June 9th, July 7th, August 5th, September 2nd & 29th, October 27th

Preschool - School Age Menu

DAY	LUNCH
MONDAY	Egg Patty Tomato Coconut Rice *Spring Mix Salad Fresh Fruit
TUESDAY	Pasta with Creamy Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit
WEDNESDAY	Baked Extra Lean Beef Burger Whole Wheat Artisan Bun *Peas & Corn Fresh Fruit
THURSDAY	Enchanted Garden Chicken (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano beans) Vegetable Pasta Fresh Fruit
FRIDAY	Rustic Summer Chili (black beans, carrots, corn, *green/red peppers, onions, squash, tvp, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit

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SPRING/SUMMER MENU 2025

Weeks of: June 16th, July 14th, August 11th, September 8th, October 6th

Preschool - School Age Menu

DAY	LUNCH
MONDAY	Turkey Meatballs with Tomato Sauce Whole Wheat Bun Mixed Vegetables (*broccoli, carrots, cauliflower) Fresh Fruit
TUESDAY	Zesty Lemon Chicken Medley (*broccoli, chicken, eggplant, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit
WEDNESDAY	Tri Colour Cheese Tortellini with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit
THURSDAY	TASTE TEST THURSDAYS! (Please see posting at centre to see what's cooking!)
FRIDAY	Tuna Melt Mac & Cheese *Green Salad Fresh Fruit

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