



ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

MENU PLAN – WEEK 1

WEEK OF: _____

LOCATION: George Street

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal and Milk Fruit Water	Bagels with Jam and Cream Cheese Fruit Water or milk	French Toast Apple Sauce Yogurt Water or milk	Eggs Toast Fruit Water or milk	Yogurt with Granola and Fruit Water or milk
LUNCH	Macaroni & Cheese Salad Fruit Water or milk	Pot Roast Roasted Potatoes Vegetables Fruit Water or milk	Soup Sandwiches Vegetable Sticks Fruit Water or milk	Vegetarian Lasagna Salad Fruit Water or milk	Fish and Chips Vegetables Fruit Water or milk
PM SNACK	Carrot Cake, Apples Water or milk	Hummus & Pita, Apples Water or milk	Nachos & Cheese, Apples Water or milk	Homemade Bread with Spread, Apples Water or milk	Vegetable Sticks & Dip, Crackers Water or milk

MENU PLAN – WEEK 2

WEEK OF: _____

LOCATION: George Street

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal and Milk Fruit	Muffins, Hard-boiled Eggs Fruit	Pancakes, Apple Sauce, Yogurt	Scrambled Eggs, Toast Fruit	Yogurt with Granola and Fruit
	Water	Water or milk	Water or milk	Water or milk	Water or milk
LUNCH	Vegetarian Spaghetti, Salad Fruit	Butter Chicken, Curried Vegetables, Rice Fruit	Soup, Sandwiches, Vegetable Sticks Fruit	Spanakopita, Chicken, Potatoes. Greek Salad Fruit	Pizza, Vegetable Sticks Fruit
	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk
PM SNACK	Tuna Spread and Crackers, Apples	Cheese, Digestive Crackers	Oatmeal Raisin Cookies, Apples	Homemade Bread with Spread. Apples	Blueberry-Apple Pie
	Water or milk	Water	Water or milk	Water or milk	Water or milk