

Fall & Winter Menu

Week one

Week one		Monday	Tuesday	Wednesday	Thursday	Friday		
Breakfast		Whole Grain Cereal with Seasonal Fruit Organic Milk/Water	English Muffins with Cream Cheese Organic Milk/Water	Oatmeal with Seasonal Fruit Organic Milk/Water	Organic Yogurt with Seasonal Fruit Organic Milk/Water	Banana Pancakes Organic Milk/Water		
	Lunch	Minestrone Soup with Focaccia Bread Seasonal Fruit	Teriyaki Chicken and Rice with Steamed Vegetables Seasonal Fruit Vegetable Teriyaki	Super Cheesy Mac n' Cheese with Broccoli Seasonal Fruit Vegan Macaroni and Cheese	Beef Chilli with Homemade Cornbread Seasonal Fruit Bean Chilli	Chef Special Seasonal Fruit		
		Evening Snack	Oatmeal Apple Cookies Organic Milk/Water	Banana Wow Butter Loaf Organic Milk/Water	Crackers with Cheese and Apple Sauce Organic Milk/Water	Pita and Cucumber with Tzatziki Organic Milk/Water	Pumpkin & Carrot Loaf Organic Milk/Water	
			Afternoon Snack	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

All our meals at our centre are locally sourced and organic.
Every breakfast, snack, and lunch is cooked and prepared on-site.
We exceed the Canadian Food Guide standard for healthy and nutritious food.