

ST. JOHN BOSCO CHILDREN'S CENTRE – WINTER MENUS 2018

WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK |
| OATMEAL MILK | SCRAMBLED EGGS W/W TOAST JUICE | SHREDDIES MILK | ENGLISH MUFFINS with PEABUTTER JUICE | 4 GRAIN PANCAKES with fresh fruit MILK |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| CHICKEN FETTUCCINE ALFREDO with broccoli MILK GRAPES | CREAMY CHICKEN TORTELLINI HOMEMADE W/W BREAD MILK PEACHES | MAC & CHEESE SALAD W/W BREAD SLICES MILK APPLESAUCE | MEATLOAF MASHED POTATOES PEAS MILK BANANAS | POTATO SOUP EGG SALAD SANDWICHES VEGGIE SLICES MILK YOGURT |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| PUMPKIN LOAF CRANBERRY JUICE | VEGGIES AND DIP RITZ CRACKERS JUICE | PEABUTTER WRAPS APPLE SLICES WATER | GINGERSNAP COOKIES MILK | BANANAS MULTIGRAIN CHEERIOS |

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WEEK #2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK |
| W/W TOAST with jam JUICE | BANANA/BLUEBERRY MUFFINS JUICE | CHEERIOS MILK | FRENCH TOAST MILK | FRUIT & YOGURT SMOOTHIE ANIMAL CRACKERS |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| CAULIFLOWER BISQUE HAME & CHEESE WRAPS MILK SHERBERT | PORK ROAST MASHED POTATOES CORN MILK PEARS | POTATO CARROT SOUP TURKEY WRAPS VEGGIE SLICES MILK VANILLA PUDDING | SHEPPERD'S PIE W/W BREAD SLICES MILK BANANAS | CHICKEN POT PIE SOUP BISCUITS CUCUMBER SLICES MILK YOGURT |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| ZUCCHINI MUFFINS MILK | MINI PIZZAS JUICE | VEGETABLE THINS CHEESE CUBES with pickles JUICE | OATMEAL COOKIES APPLE SLICES | PITA CHIPS (CRACKERS FOR S/A) HUMMUS VEGGIE SLICES WATER |

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WEEK #3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK |
| HARD BOILED EGGS MELBA TOAST ORANGE JUICE | BLUEBERRY MUFFINS MILK | CORNFLAKES MILK | YOGURT ANIMAL CRACKERS | WAFFLES GRAPE JUICE |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| MEATLOAF MASHED POTATOES PEAS MILK APPLESAUCE | TURKEY TACO CASSEROLE VEGGIE SLICES W/W BREAD SLICES MILK YOGURT | TEA BISCUITS HARD BOILED EGGS BUTTERNUT SQUASH SOUP CUCUMBER SLICES MILK SHERBERT | SPAGHETTI with veggie sauce GARLIC BREAD with cheese MILK PEACHES | GARDEN VEGETABLE & CHICKEN SOUP HOMEMADE W/W BREAD MILK CLEMENTINES |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| CINNAMON LOAF BREAD MILK | VEGGIES & DIP with WHOLE GRAIN RITZ CRACKERS JUICE | FRESH FRUIT SLICES TEDDY GRAHAMS | PRETZELS CHEESE CUBES JUICE | CINNAMON APPLE MUFFINS MILK |

ST. JOHN BOSCO CHILDREN'S CENTRE – WINTER MENUS 2018

WEEK #4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK | MORNING SNACK |
| RAISIN TOAST MILK | BAGELS with SOY BUTTER JUICE | APPLESAUCE TEDDY GRAHAMS WATER | BRAN FLAKES with FRUIT MILK | EGG MUFFINS GRAPE JUICE |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| ROASTED PUMPKIN SOUP TURKEY & CHEESE WRAPS MILK YOGURT | SWEET/SOUR MEATBALLS EGG NOODLES MIXED VEGGIES MILK ICE CREAM | GRILLED CHEESE TOMATO SOUP CARROT & CELERY SLICES MILK BANANAS | SESAME CHICKEN MASHED POTATOES SQUASH MILK PEACHES | BROCCOLI CHEESE POTATO SOUP TUNA SANDWICHES VEGGIE SLICES MILK APPLESAUCE |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| PRETZELS CHEESE CUBES BERRY JUICE | BANANA LOAF MILK | VEGGIES with dip W/W CRACKERS GRAPE JUICE | PIZZA ROLLS APPLE JUICE | CHOCOLATE CHIP COOKIES SEASONAL FRUIT SLICES WATER |