

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Continental Breakfast</p> <p>Autumn Vegetable Soup w/Whole Wheat Crackers Baked Sausage Rolls Home Style Applesauce</p> <p>Oatmeal Cranberry Cookies Clementine Oranges</p>	<p>Continental Breakfast</p> <p>Roast Chicken Whipped Potatoes Maple Glaze Carrots Spice Cake w/Orange Sauce</p> <p>Cereal Trail Mix w/Vanilla Yogurt</p>	<p>Continental Breakfast</p> <p>Swedish Meatballs Baked Three Cheese Noodles Sweet Garden Peas Sliced Peaches</p> <p>Spinach Dip w/Pumpernickel Bread & Vegetable Chips</p>	<p>Continental Breakfast</p> <p>AROUND THE WORLD WITH OUR CHEF</p> <p>Foods of Europe</p>	<p>Continental Breakfast</p> <p>Shepherd's Pie Garden Salad w/French Dressing Field Berry Cobbler</p> <p>Cantaloupe Slices Cream Cheese & Graham Crackers</p>
<p>Continental Breakfast</p> <p>Hot German Potato Salad Mediterranean Sausages Sautéed Cabbage Diced Pears</p> <p>Cheddar Cheese Cubes, Apple Wedges & Pretzels</p>	<p>Continental Breakfast</p> <p>Caribbean Bean Soup Jamaican Meat Patty Banana Loaf</p> <p>Fresh Hummus w/ Mini Pita Puffs Assorted Sliced Melon</p>	<p>Continental Breakfast</p> <p>AROUND THE WORLD WITH OUR CHEF</p> <p>Foods of Asia</p>	<p>Continental Breakfast</p> <p>Tempura Pollock Fillets Rosemary Roasted Red Potatoes Braised Turnip & Carrot Medallions Butterscotch Pudding</p> <p>Lemon Blueberry Cake Watermelon Slices</p>	<p>Continental Breakfast</p> <p>Chicken Schnitzel Garlic & Herb Potatoes Cauliflower Au Gratin Blueberry Crumble</p> <p>Fruit Muffins Orange Wedges</p>
<p>Continental Breakfast</p> <p>Beef Chili Seasoned Rice Garlic Buns Sliced Peaches</p> <p>Fresh Veggie Sticks w/Roasted Red Pepper Dip & Oven Fired Flatbreads</p>	<p>Continental Breakfast</p> <p>AROUND THE WORLD WITH OUR CHEF</p> <p>Foods of Latin America</p>	<p>Continental Breakfast</p> <p>Whole Wheat Penne w/Spinach Marinara Buttered Santa Fe Vegetables Zucchini Loaf</p> <p>Cream Cheese Pinwheels w/Assorted Grapes</p>	<p>Continental Breakfast</p> <p>Spanish Rice w/ Beef Mexican Corn & Red Bean Salad Tropical Fruit Salad</p> <p>Apple Raisin Bread Pudding Diced Pears</p>	<p>Continental Breakfast</p> <p>Turkey & Spinach Meatloaf Parsley Buttered Noodles Brussels Sprouts Whipped Fruit Jell-o</p> <p>Vanilla Pudding w/ Arrowroot Cookies Bananas</p>
<p>Continental Breakfast</p> <p>AROUND THE WORLD WITH OUR CHEF</p> <p>Foods of Africa</p>	<p>Continental Breakfast</p> <p>Linguine w/Mushroom Rose Sauce Garlic Bread & Caesar Salad Rainbow Sorbet</p> <p>Raisin Tea Biscuit w/ Sliced Cheese & Grapes</p>	<p>Continental Breakfast</p> <p>Turkey Pot Pie Steamed Broccoli Spears Parmesan Ciabatta Bread Fruit Cocktail</p> <p>Carrots & Celery Sticks w/French Onion Dip & Assorted Crackers</p>	<p>Continental Breakfast</p> <p>Crispy Baked Haddock Wedges Zesty Lemon & Herb Rice French Style Green Beans Mandarin Oranges</p> <p>Pumpkin Loaf Honeydew Melon Balls</p>	<p>Continental Breakfast</p> <p>Hearty Beef & Vegetable Stew Fresh Garden Salad w/ Balsamic Dressing Poached Pears</p> <p>Warm Cherry Strudel Cheddar Cheese Cubes</p>

- Daily Continental breakfast may consist of the following: pancakes, waffles, French toast, variety of breads, English muffins, assorted bagels, assorted cereals, cheese, or yogurt.
- Fresh fruit, milk, juice, & water provided for all age groups throughout the entire day.
- Menu adaptations based on individual age groups.
- "Around the World with Our Chef" days will meet the requirements of Canada's Food Guide and will be different each month to expose children to a greater variety of international foods.