

Victoria Learning Centre - Early Learning and Child Care

Spring/Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Waffles Fresh Fruit	Cereal Milk	Bagels With Cream Cheese	Fresh Fruit Tea Cookies	Boiled Eggs Toast
LUNCH	Homemade Cheese/Beef Macaroni Coleslaw Milk Fresh Fruit	Tomato Soup Chicken Sandwiches Celery Sticks Milk Fresh Fruit	White Bean Casserole Whole Wheat bun Cucumbers Milk Fresh Fruit	Chicken Nuggets Mashed Potatoes Tomatoes Milk Fresh Fruit	Rice And Lentil Casserole Carrots Milk Fresh Fruit
Vegetarian Alternative	Cheese	Veggie Cold Cuts	Beans	Veggie Nuggets	Lentils
PM	Fruit Yogurt Plain Cookies	Carrots Crackers	Bits and Bites Fresh Fruit	Raw Veggies Wafer Cookies	Fresh Fruit Arrowroot Cookies
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Ritz Crackers And Cheese	Corn Flakes Milk	Toast Fresh Fruit	English Muffins Fresh Fruit	Cereal Milk
LUNCH	Spaghetti with Beef Carrot Sticks Milk Fresh Fruit	Whole Wheat Soft Tortilla Chicken Wraps Cheese, lettuce Milk Fresh Fruit	Vegetable Soup Ham Sandwiches Cucumber Sticks Milk Ice Cream in a Cone	Fish Sticks Rice Celery Sticks Milk Fresh Fruit	Lasagna with beef and Cheese Yellow Peppers Milk Fresh Fruit
Vegetarian Alternative	Veggie Ground Round	Cheese, Veggie Nuggets	Veggie Cold Cuts	Veggie Nuggets	Tofu
PM	Bits and Bites Fresh Fruit	Fresh Fruit Graham Crackers	Oatmeal Cookies Fresh Fruit	Fresh Fruit Cheese Cubes	Crackers Fresh Fruit
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Bagels Cream Cheese	English Muffins Jam	Banana Bread Milk	Graham Crackers Fresh Fruit	Cereal Milk
LUNCH	Homemade Macaroni And Cheese Cucumber Sticks Milk Fresh Fruit	Bean and Ham Soup With Bread Carrots Milk Fresh Fruit	Tuna Macaroni Salad Celery Milk Fresh Fruit	Beef Tacos Soft Taco Shells Lettuce, Tomatoes, Cheese Milk Fresh Fruit	Chickpea Stew Spiral Noodle Carrot Sticks Milk Fresh Fruit
Vegetarian Alternative	Cheese	Beans	Veggie Nuggets	Veggie Ground Round	Chickpeas
PM	Graham Crackers Apple Sauce	Fruit Yogurt Fresh Fruit	Veggies Wafer Cookies	Cheese Arrowroot cookies	Fresh Fruit Crackers
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cheerios Milk	Toast Fresh Fruit	Fresh Fruit Cheese cubes	Soft Tortilla Cream Cheese	Fresh Fruit Crackers
LUNCH	Spaghetti with Lentils Celery Sticks Milk Fresh Fruit	Chicken Soup Chicken Sandwiches Carrot Sticks Milk Fresh Fruit	Beef Sloppy Joes On a Bun Cheese, Lettuce Milk Fresh Fruit	Chicken, Pasta Salad Carrots Milk Fresh Fruit	Grilled Cheese Boiled Eggs Cucumber Slices Milk Fresh Fruit
Vegetarian Alternative	Lentils	Veggie Cold Cuts	Cheese, Veggie Nuggets	Lentils	Eggs, Cheese
PM	Fruit Muffins	Cheese Slices Crackers	Fruit Yogurt Fresh Fruit	Fresh Fruit Graham Crackers	Oatmeal Cookies Fresh Fruit