



Menu Plan For Licensed Day Care Centres

DEPARTMENT OF SOCIAL SERVICE
GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

NAME OF CENTRE: FISHER CHILDREN'S CENTRE
MENU FOR WEEK OF: 1 OF 4

	MENU PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack · Include at least a serving of milk, juice or fruit. Choose snacks from Canada's Food Guide.*		bananas, wheat germ, water	yogurt, water	oranges, water	pears, water	grapes (1/4's), mozza cheese, water
Noon Meal · Serve at least one food from each of the four food groups of Canada's Food Guide.*	Main Dish (contains one or more of meat, fish, poultry, eggs, cheese or dried legumes.) Vegetables - raw - cooked Bread, Cereal, Pasta or Rice Fruit or Juice Milk or Milk Product Other Items	goulash, pepper sticks, bread, milk, grapes (cut up 1/4's)	thick sliced baked ham, corn, oven fries, milk, apples, bread	roast beef (cooked in beef broth), oven roasted potato, gravy, raw carrot sticks, bread, milk, fruit cocktail	baked turkey, mashed potato/gravy, frozen mixed vegetables, bread, milk, bananas	Build your own wraps! Tortilla bread, chicken, cheese, tomato, lettuce, spaghetti sauce, milk, oranges
Afternoon Snack · Include at least a serving of milk, juice of fruit. Choose snacks from Canada's Food Guide.*		crackers with jam, orange juice	fruit, crackers, apple juice	cheese melts, orange juice	cereal/milk, apple juice	pancakes, orange juice

* Canada's Food Guide Food Groups Are:
 Milk and Milk Products
 Fruits and Vegetables
 Breads and Cereals
 Meat, Fish, Poultry and Alternates

Planned by: _____ Date: _____

Approved by: _____ Date: _____

Note: Menus should be planned at least one week in advance and should be available for inspection.

Menu Plan For Licensed Day Care Centres

NAME OF CENTRE: FISHER CHILDREN'S CENTRE

DEPARTMENT OF SOCIAL SERVICE
GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

MENU FOR WEEK OF: 2 OF 4

	MENU PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack · Include at least a serving of milk, juice or fruit. Choose snacks from Canada's Food Guide.*		grapes, cheese, water	oranges, water	fruit salad, water	apples with cinnamon, water	yogurt, orange juice
Noon Meal · Serve at least one food from each of the four food groups of Canada's Food Guide.*	Main Dish (contains one or more of meat, fish, poultry, eggs, cheese or dried legumes.) Vegetables - raw - cooked Bread, Cereal, Pasta or Rice Fruit or Juice Milk or Milk Product Other Items	mini pizza's (english muffins) - pizza sauce - cheese, salami, pepperoni milk, bananas, raw carrot sticks (thinly sliced)	pork roast, oven-roasted potato, corn, bread, milk, light fruit cocktail	macaroni and cheese, green pepper sticks, bread, milk, peaches cubed (1/4 plain noodles)	chicken breast, rice, peas, bread, milk, oranges (rice cooked in chicken broth)	spaghetti, meat sauce, rolls, cooked broccoli, milk, bananas
Afternoon Snack · Include at least a serving of milk, juice of fruit. Choose snacks from Canada's Food Guide.*		toast/cinnamon, apple juice	cheese and crackers, orange juice	pancakes, apple juice	crackers with lite cheese whiz, orange juice	grapes (1/4's), crackers, water

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DEPARTMENT OF SOCIAL SERVICE
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NAME OF CENTRE: FISHER CHILDREN'S CENTRE
MENU FOR WEEK OF: 3 OF 4

	MENU PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack · Include at least a serving of milk or fruit. Choose snacks from Canada's Food Guide.*		apples, water	oranges, water	fruit salad, water	toast, cheese whiz, orange juice	bananas with wheat germ, water
Noon Meal · Serve at least one food from each of the four food groups of Canada's Food Guide.*	Main Dish (contains one or more of meat, fish, poultry, eggs, cheese or dried legumes.) Vegetables - raw - cooked Bread, Cereal, Pasta or Rice Fruit or Juice Milk or Milk Product Other Items	chicken burger, lettuce, mayo, bananas, milk	roast beef, mashed potato/gravy, corn, bread, milk, fruit cocktail	spaghetti, meat sauce, rolls, cooked broccoli, milk, bananas	Build your own wrap! soft tortilla bread, strips of chicken breast, lettuce, tomatoes, cheese, spaghetti sauce, oranges, milk	Tuna melts, (on hamburger buns) tuna, cheese, green pepper sticks, ranch dressing, milk, grapes
Afternoon Snack · Include at least a serving of milk or fruit. Choose snacks from Canada's Food Guide.*		muffins, milk	cereal with milk	yogurt, crackers, orange juice	pancakes, apple juice	crackers (with fruit - check fridge), orange juice

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 Breads and Cereals
 Meat, Fish, Poultry and Alternates

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Approved by: _____ Date: _____

Note: Menus should be planned at least one week in advance and should be available for inspection.

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NAME OF CENTRE: FISHER CHILDREN'S CENTRE

DEPARTMENT OF SOCIAL SERVICE
GOVERNMENT OF NEWFOUNDLAND AND LABRADOR

MENU FOR WEEK OF: 4 OF 4

	MENU PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack · Include at least a serving of milk, juice or fruit. Choose snacks from Canada's Food Guide.*		oranges, water	pears, crackers, water	pancakes, orange juice	bananas, water	grapes (1/4's), cheddar chunks, water
Noon Meal · Serve at least one food from each of the four food groups of Canada's Food Guide.*	Main Dish (contains one or more of meat, fish, poultry, eggs, cheese or dried legumes.) Vegetables - raw - cooked Bread, Cereal, Pasta or Rice Fruit or Juice Milk or Milk Product Other Items	fish sticks, oven roasted potato, frozen peas, milk, bread, fruit cocktail	chicken noodle soup, ham & cheese sandwiches, thinly sliced carrot sticks, milk, apples	hamburgers (patties homemade not processed) lettuce, tomato, cheese, milk, cubed peaches	roast pork, rice, corn, bread, milk, oranges *rice cooked in beef broth	chicken nuggets, mashed potato, mashed turnip, bread, milk, bananas
Afternoon Snack · Include at least a serving of milk, juice of fruit. Choose snacks from Canada's Food Guide.*		toast with cinnamon, apple juice	yogurt, orange juice	jam sandwiches, milk	cereal (dry), apple juice	crackers, fruit, milk

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