



MENU

Week 1




	Monday	Tuesday	Wednesday	Thursday	Friday
 AM Snack 9:00-9:30	Nutrigrain bars with fruit Milk/Water	Toast with wow butter/jam and fruit Milk/Water	Cereal with fruit Milk/Water	Yogurt with fruit and cheerios Milk/Water	Banana roll up Milk/Water
 Lunch 11:30-12:00	Turkey and cheese rolls with veggies Milk	Pasta and meatballs with veggies Milk	BBQ chicken with a bun and veggies Milk	Soup with crackers/cheese Milk	Alfredo pasta with veggies Milk
 PM Snack 3:00-3:30	Applesauce with crackers Water	Yogurt pops Water	Zucchini/ banana bread Water	Fruit and cookies Water	Granola bars and veggies Water

Week 2




	Monday	Tuesday	Wednesday	Thursday	Friday
 AM Snack 9:00-9:30	Croissants with fruit Milk/Water	Waffles and fruit Milk/Water	Toast with wow butter/jam and fruit Milk/Water	Muffins with fruit Milk/Water	Cereal and fruit Milk/Water
 Lunch 11:30-12:00	Naan pizzas with veggies Milk	Chicken and pasta salad with veggies Milk	Vegetable chili with rice Milk	Ham and potatoes with veggies Milk	French toast with fruit Milk
 PM Snack 3:00-3:30	Muffins and fruit Water	Granola bar and fruit Water	Fruit smoothies with veggies Water	Trail mix and veggies Water	Veggies with hummus and crackers Water



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 AM Snack 9:00-9:30	Cereal and fruit Milk/Water	Trail mix with fruit Milk/Water	Toast and fruit Milk/Water	Pancakes with fruit Milk/Water	French toast with fruit Milk/Water
 Lunch 11:30-12:00	Popcorn chicken and veggies Milk	Meatballs and rice with veggies Milk	Sausage with potatoes and veggies Milk	Lasagna with veggies Milk	Pizza with veggies Milk
 PM Snack 3:00-3:30	Trail mix with fruit Water	Applesauce and crackers Water	Goldfish and fruit Water	Muffins and fruit Water	Cookies and veggies Water

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
 AM Snack 9:00-9:30	Apples and wow butter and cheerios Milk/Water	Pancakes with fruit Milk/Water	Croissants with fruit Milk/Water	Granola bars with fruit Milk/Water	Toast with butter and fruit Milk/Water
 Lunch 11:30-12:00	Mac and cheese with veggies Milk/Water	Meatballs with veggies and rice Milk/Water	Soup with veggies and a bun Milk/Water	Pizza with Veggies Milk/Water	Ham with veggies and rice Milk/Water
 PM Snack 3:00-3:30	Trail mix with veggies Water	Cookies and fruit Water	Veggies with hummus and crackers Water	Goldfish and fruit Water	Granola with veggies Water



At the Chestnut Tree Preschool, we focus on healthy nutritious meals and snacks. We provide the children with a variety of meals cooked on site. A morning snack of either hot or cold cereals, fruits and whole grains. Our hot nutritious home cooked lunches are balanced and consist of soups, pasta, vegetables, chicken or beef. Two snacks are prepared daily. Our afternoon snack is usually a dairy yogurt, applesauce, fruit or granola bar. Water is always available to drink throughout the day.

We only provide healthy, delicious snacks and meal that our children enjoy, and our four-week menu is created with the recommendations of Public Health, Local Dieticians and the Canadian Food Guide in mind. All staff handling food preparation, are certified by Public Health with a Food Handlers Certificate.

Our menus are posted weekly on the parent board. Any changes or substations are added to the posted menus. We ask for your consideration by not allowing your child to bring any food or snacks to the Centre as we have many children who have allergies to certain products.

We are a nut free safe Centre in that we do not cook with nuts or nut oils and we discourage people from bringing nuts into the Centre. Public Health requires that our Centre's be peanut-free environments due to severity associated with peanut allergies. Any outside food brought into your child's Centre must comply with our Centre's allergy restrictions. We kindly ask that all staff and parents respect this policy. It has been demonstrated that even small traces of peanuts can be extremely dangerous to those children and adults with an allergy.

Please advise us upon registration of any food restrictions/allergies your child may have, so that we can try to provide a menu to fit your child's food intake.

