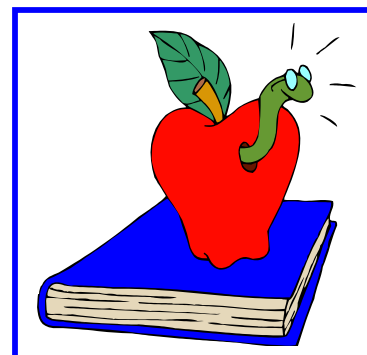


Ancaster Little Gems

Menu

Week 1



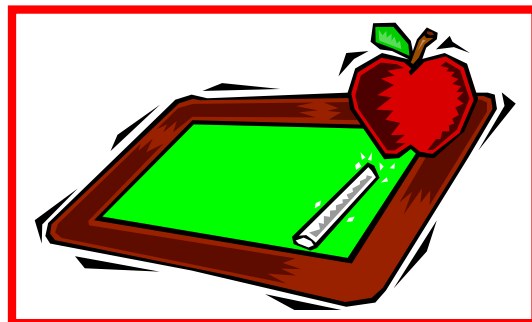
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water French toast	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Tea biscuits
Lunch Milk/water Raw vegetables Homemade Fish chowder Cheese Biscuits Fruit	Lunch Milk/water Raw vegetables Chicken wieners & Bean Stew Dinner rolls Fruit	Lunch Milk/water Raw vegetables Macaroni & cheese Steamed vegetables Breadsticks Fruit	Lunch Milk/water Tossed salad Unstuffed beef cabbage Rice Corn Fresh bread Fruit	Lunch Milk/water Raw vegetables Breaded chicken Quinoa Bean salad Pita Fruit
Snack Water Rice pudding & Raisins	Snack Water Zucchini bread Fruit	Snack Water Banana muffin Fruit	Snack Water Trail mix Fruit	Snack Water Applesauce & Melba toast

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Ancaster Little Gems

Menu

Week 2



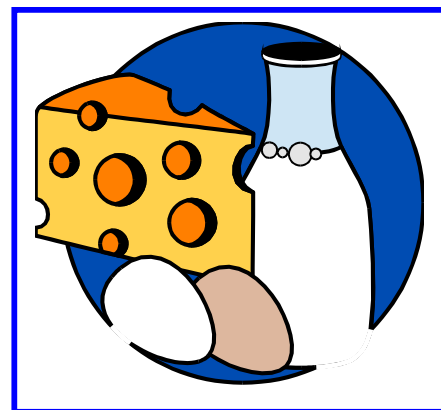
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Muffins	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Cold cereal
Lunch Milk/water Raw vegetables Lentil & vegetable soup Crackers Fruit	Lunch Milk/water Cooked vegetables Spaghetti with turkey bacon in red sauce Dinner rolls Fruit	Lunch Milk/water Raw vegetables Scrambled eggs Home fries Toast Fruit	Lunch Milk/water Raw vegetables Fish tacos Coleslaw Fresh bread Fruit	Lunch Milk/water Raw vegetables Beef Stroganoff Steamed green beans Bread Fruit
Snack Water Hummus & Pitas	Snack Water Quinoa brownies Fruit	Snack Water Cheese & crackers Fruit	Snack Water Appleloaf Fruit	Snack Water Veggies & dip

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Ancaster Little Gems

Menu

Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Plain yogurt	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Toast
Lunch Milk/water Raw vegetables Chili con Carne Rice Pita Fruit	Lunch Milk/water Raw vegetables White fish & noodle casserole Mixed veggies Breadsticks Fruit	Lunch Milk/water Raw vegetables Vegetarian lasagna Green beans Dinner rolls Fruit	Lunch Milk/water Raw vegetables Grilled cheese sandwiches Soup Fruit	Lunch Milk/water Tossed salad Chicken & Vegetable pot pie Carrots Fresh bread Fruit
Snack Water Celery & cream cheese Raisins	Snack Water Corn bread Fruit	Snack Water Bagels & whipped cream cheese Fruit	Snack Water Graham crackers & jam Fruit	Snack Water Cheese & crackers Fruit

Ancaster Little Gems

Menu

Week 4



Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water English muffins
Lunch Milk/water Raw vegetables Potato & turkey bacon soup Crackers Fruit	Lunch Milk/water Raw vegetables Vegetable bean stew with Quinoa & Rice Bread Fruit	Lunch Milk/water Raw vegetables Chicken Stir Fry Rice Steamed vegetables Fresh Bread Fruit	Lunch Milk/water Raw vegetables Stewed hamburger Mashed potatoes Couscous salad Bread Fruit	Lunch Milk/water Coleslaw Fish & potato cakes Peas Bread & butter pickles Fruit
Snack Water Muffins Fruit	Snack Water Hummus & pitas	Snack Water Homemade Oatmeal Cookies & Fruit	Snack Water Banana loaf Fruit	Snack Water Applesauce & Melba toast

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Ancaster Little Gems Menu Week 5



Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water English muffins	Mini Breakfast Milk/water Toast	Mini Breakfast Milk/water Cream of Wheat
Lunch Milk/water Coleslaw Pancakes Sausages Fruit	Lunch Milk/water Raw vegetables Chicken cacciatore Bean medley Fresh bread Fruit	Lunch Milk/water Raw vegetables Vegetable & cheese frittata Steamed carrots Bread Fruit	Lunch Milk/water Raw vegetables Salmon & rice casserole Peas Pita Fruit	Lunch Milk/water Raw vegetables Salisbury Steak/gravy Potatoes Cooked vegetables Bread Fruit
Snack Water Ritz crackers & Cheese Fruit	Snack Water Lemon loaf Fruit	Snack Water Pan fried bananas Fruit	Snack Water Scones Fruit	Snack Water Graham crackers & jam Fruit

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