



Bridgewater Day Care Centre Spring/Summer Menu

Week1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Peabutter/banana grilled sandwich, milk & raisins	Fruit slices, cheese and milk	whole grain cereal with fruit, & water	whole wheat toast, egg, fruit slices, and milk	yogurt fruit smoothie, and whole wheat toast
Lunch	beef/rice pitas, veggie salad (tomato, green pepper), milk, and fruit cocktail	Corn on cob or baked corn fritters, Pizza grill cheese sandwich, milk and lemon blueberry cake	roast pork, potato and cucumber salads, whole wheat bread, milk, and cloudy day gelatin dessert	Tandoori chicken, rice, green pepper, zucchini, and sweet potato sticks, whole wheat bread, milk and pears	tuna wraps, sweet potato, turnip, green pepper sticks, milk and oatmeal cookie
PM Snack	melon slices, whole wheat crackers, & water	carrot, turnip, green pepper sticks with dip, whole wheat crackers, & water	Date cake, peach slices, & water	Ants or Snails on a log - celery peabutter fruit slices and raisins with milk	fruit slices, cereal bars, and water
Week 2					
AM Snack	fruit slices, whole wheat toast, & water	cranberry muffins & fruit, milk	Cream of wheat cereal, fruit slices and water	whole wheat toast, apple sauce, & water	fruit cocktail, yogurt, & milk
Lunch	chicken salad sandwiches, hodge podge (carrots, beans, peas, potatoes,) milk and bananas	egg roll in a bowl, rice, whole wheat bread, milk, and banana pudding	taco bake, whole wheat bread, milk and cantaloupe	chicken fajita, pepper slices, cheddar cheese, ceasar salad milk and pears	macaroni hamburger mix, veggie salad, whole wheat bread, milk and fruit crisp
PM Snack	Ginger Snap cookies, oranges & water	tuna dip with whole wheat crackers, carrot sticks & water	cherry tomatoes & turnip sticks, rhubarb loaf & water	whole grain cereal, fruit pops & water	cheese cubes, peach slices, & water

Homogenized milk is served to children under 24 months, all other ages receive 2% milk. All breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip, cabbage, sweet potato are substituted with soft or cooked vegetables for infants. Serving sizes are consistent with Eating Well with Canada's Food Guide



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole grain cereal, milk and fruit	Cream of wheat cereal, milk, & raisins	Banana, peabutter, tortilla wraps, and milk	whole wheat toast, egg, fruit slices, and milk	Apple slices, cheese cubes and water
Lunch	Macaroni & cheese, green beans raw or cooked, whole wheat bread, milk and peaches	Chicken ceasar salad pita, milk and pineapple slices	Porcupine meatballs or hamburgers, whole wheat bread, corn salad, milk and fruit salad	Pizza, Caesar salad, milk with melon slices	Tuna sandwiches, corn chowder, milk and molasses cookies.
PM Snack	whole wheat crackers, peabutter, carrots and water	Melon slices, cheese cubes, and water	Yogurt fruit bark, cranberry or carrot cookie, and water	Flaxseed tea biscuits and jam, cucumber and sweet potato sticks and water	Fruit slices, whole grain cereal, and water
Week 4					
AM Snack	fruit slices, whole grain cereal, and milk	Whole wheat toast, fruit and milk	fruit slices, whole wheat tea biscuits and water	whole grain puffed rice cereal, fruit and water	Fruit muffins, fruit slices and milk
Lunch	Egg salad sandwiches, Pasta Fredda salad with broccoli, cauliflower carrots and sweet pepper, milk and fresh fruit	Chicken casserole with noodles and broccoli, whole wheat bread, milk and peach dessert.	Vegetarian stir fry with noodles, whole wheat bread, milk and pears	dahls, rice, whole wheat bread, milk and pineapple chunks	Haddock fish cakes, fruit chutney, mixed vegetables, whole wheat bread, milk and zucchini cake
PM Snack	Fruit pops, whole wheat cereal, and water	Oatmeal cookies, carrot slices and milk	Fruit slices, whole grain cereal and water	Granola squares, mandarin oranges and water	Whole wheat crackers, veggie sticks, and milk

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: Denise McAuley

Date March 24, 2025