

# The Charlotte Birchard Centres of Early Learning

## Sample Menu 1

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Cereal  Fresh Fruit  Milk	Raisin Bread Margarine  Fresh Fruit  Milk	Quinoa Cranberry Breakfast Bar  Fresh Fruit  Milk	Fruit smoothie  Graham Crackers  Water	Hot Oatmeal  Fresh Fruit  Milk
<b>Main Course</b>	Tofu Vermicelli Bowl  Milk	Pulled Pork Ciabatta  Slaw  ✂ Tofu Bake  Milk	Curried Lentils  Brown Rice  Chef's Salad  Milk	Chicken Shawarma Lettuce Garlic Sauce Hummus Pickles  ✂ Falafel  Milk	Beef & Black Bean Quesadillas Salsa Guacamole Chef's Salad  ✂ Black Bean  Milk
<b>Afternoon Snack</b>	Apple sauce Graham crackers  Fresh Fruit  Water	Crackers Cheese  Fresh Fruit  Water	Fruit Yogurt Granola  Fresh Fruit  Water	Pumpnickel Spinach Dip  Sliced Cucumber  Water	Vegan Strawberry Rhubarb Cobbler  Fresh Fruit  Water

✂ Vegetarian Option