

Something Special Children's Centre

Fall Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Corn flakes and milk	Shreddies & milk	Cheerios & milk	Shreddies & milk	Rice Krispies & milk
Morning snack	Toast & Strawberry Jam Spread	Berry Blast Bowls	Trail Mix & Fruit	Cheese & Fruit	Blueberry Muffins
Lunch	Pumpkin chicken cream soup with garlic croutons	Tuna Fish Sandwiches with cucumber	Chicken nuggets with garlic baked potatoes, pickles	Cheesy Beef Burritos with salsa	Vegetable soup with red beans and celery, garlic bread.
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative
Afternoon Snack	Rice Crackers & Apple	Apple pie with and cinnamon	Applesauce & Graham Wafers	Ritz & Oranges	Fresh Melon & Rice cakes

**Children with special food requirements will be accommodated with meals specific to their dietary needs
 Menu planned by SSCC staff in accordance with Canada's Food Guide
 water is always offered



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* water is always offered

Fall Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Shreddies	Rice Krispies	Cheerios	Corn Flakes	Cheerios
Morning snack	English Muffin with Wow butter & Fruit	Apples & Blueberry Yogurt	Apple Sauce & Arrow Root	Toast with Cream Cheese & Jam	Fruity Muffin with sliced fruit
Lunch	Tuna melts and mandarin cucumber salad	Chicken vegetables soup, cracker, bread with butter	Pasta with beef in a creamy tomato souce with parmesan cheese	Honey Garlic Meatballs, mashed potatoes with a side of steamed veg	Ground Black Bean Bolognese Spaghetti with Parmesan
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative
Afternoon Snack	Melba toast, cream cheese & cucumber	Rice Cakes & Fresh Fruit	Breton Bites & Fruit	Coconut Berry Blast Smoothies with Arrowroot	Fresh Fruit Salad

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Fall Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Rice Krispies and milk	Shreddies & Milk	Cheerios & Milk	Corn Flakes and milk	Rice Krispies and Milk
Morning snack	Trail mix & Fruit	Raspberry Yogurt	WW English Muffins with wow butter & jam	Rice cakes, wow butter & apple slices	Cinnamon banana bars
Lunch	Pepper & Bean pizzas with cucumbers, carrots & fresh chives	Soup with turkey meatballs and vegetables, bread and butter.	Fish sticks with couscous in a creamy sauce with vegetables.	Egg cutlets with green onions and mashed potatoes, vegetables salad	Spaghetti with chicken and creamy parmesan sauce
	Seasonal fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative
Afternoon Snack	Strawberries, rice cakes & wow butter	Hummus with carrots & cucumber	Apple sauce & arrow root cookies	Rice crackers & fruit	Fresh melon & triscuits

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Fall Menu Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Rice Krispies	Corn Flakes	Rice Krispies	Shreddies	Cheerios
Morning snack	Fruit & Yogurt	Trail Mix & Fruit	Apple sauce & graham wafers	Cream cheese, toast & Oranges	Blueberry Banana Bread
Lunch	Egg casserole with chicken and vegetables a cheese crust	Vegetable chickpea soup with cheese bread	Chicken fajitas with Salsa & Cucumber Peach Mandarin Salad	Meatballs and rice with vegetable tomato sauce	Pizza with turkey/beef and vegetables, cucumber salad
	Seasonal fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternative	Milk or alternatives
Afternoon Snack	Apples & Breton Bites	Cream Cheese & Melba Toast	Pita slices with Salsa	Banana Bars & Fruit	Pears, Cheese & Rice Crackers



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