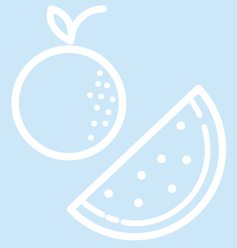




KIDDIE COVE MEAL PLAN



WEEK 1

MON	TUE	WED	THU	FRI
B: OATMEAL L: BBQ CHICKEN W/ RICE & VEGETABLES	B: EGG & CHEESE OMELETTE L: SPAGHETTI W/ GROUNDBEEF & VEGETABLES	B: CEREAL L: MEATBALLS W/ MASHED POTATO & VEGETABLES	B: TURKEY & CHEESE WRAP L: CHICKEN SOUP W/ BREAD & BUTTER	B: PANCAKES W/ FRUIT L: CHICKEN NUGGETS W/ FRENCH FRIES

WEEK 2

MON	TUE	WED	THU	FRI
B: CORNMEAL L: CURRY CHICKEN W/ RICE & VEGETABLES	B: EGG WITH TURKEY SAUSAGE L: CHICKEN ALFREDO	B: CEREAL L: CHILLI & RICE W/VEGETABLES	B: GRILLED CHEESE SANDWICH L: BEEF SOUP W/ BREAD & BUTTER	B: WAFFLES W/ FRUIT L: FISH STICKS W/ FRENCH FRIES AND VEGETABLES

WEEK 3

MON	TUE	WED	THU	FRI
B: CREAM OF WHEAT L: SWEET & SOUR CHICKEN W/ VEGETABLE FRIED RICE	B: BREAKFAST BURRITO (EGG, CHEESE & TURKEY) L: CHEESEBURGER MACARONI W/ VEGETABLES	B: CEREAL L: PEPPERSTEAK W/ RICE & VEGETABLES	B: TOAST W/ TURKEY SAUSAGE L: CHICKEN NOODLE SOUP W/ BREAD & BUTTER	B: FRENCH TOAST W/FRUIT L: CHICKEN NUGGETS W/ FRIES

WEEK 4

MON	TUE	WED	THU	FRI
B: OATMEAL L: ARROZ CON POLLO (CHICKEN WITH YELLOW RICE & VEGETABLES)	B: SCRAMBLED EGG W/ TOAST L: TUNA ALFREDO	B: CEREAL L: STEW BEEF W/ RICE & VEGETABLES	B: EGG SALAD SANDWICH L: CHICKEN SOUP W/ BREAD & BUTTER	B: PANCAKES W/FRUIT L: CHICKEN NUGGETS W/ MACARONI

NOTE:

BREAKFAST: FRESH FRUIT SERVED WITH BREAKFAST. CEREAL IS AVAILABLE FOR SUBSTITUTION DAILY

SNACKS: INCLUDE FAVOURED YOGURT, FRUIT CUPS, ANIMAL CRACKERS, BISCUITS, CHEESE AND CRACKERS, RICE KRISPIE TREATS, PUDDING ETC. AND PARENTS ARE ENCOURAGED TO SEND THEIR CHILD'S FAVORITE/ HEALTHY SNACKS

DRINKS: WATER, MILK AND JUICE ARE OFFERED THROUGHOUT THE DAY

LUNCH: A DAILY CHOICE OF SANDWICHES INCLUDING; HAM, TURKEY & TUNA ARE AVAILABLE FOR SUBSTITUTION OR PARENTS CAN SEND A PACKED LUNCH. ALL LUNCHES SERVED WITH VEGETABLES

** WE ENCOURAGE A NUT FREE ENVIRONMENT

*** MILK ALTERNATIVES AVAILABLE