



# Licensed Child care

## LUNCH & SNACK MENU

SUMMER/ East Scarborough

401 Friendship Ave, Scarborough, ON M1C 2X8

(416) 579 8398

2026 - WEEK 1

| DAY   | AM SNACK  | Lunch  | PM SNACK   |
|-------|---|--|--|
| Mon   | WW/WG Cereal<br>Dark green or<br>Orange Fruits<br>or Veggies<br>Milk                    | Meatball<br>and Spaghetti<br>Fresh Fruit<br>Milk                       | WW/WG Crackers<br>w/ Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                    |
| Tues  | WW English<br>Muffins<br>w/ Cheese slice<br>Fresh Fruit or<br>Veggies<br>Milk           | Pulled BBQ<br>Chicken with<br>Buns<br>coleslaw<br>Fruit Milk           | WW/WG Snack<br>Bars<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk  |
| Wed   | WW Apple Currant<br>Flatbread<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   | Butter Chicken<br>with Naan<br>Fresh Fruit<br>Milk                     | Granola Parfait<br><i>(Infant/Toddler:<br/>WW/WG Cereal)</i><br>Dark green or<br>Orange Fruits or<br>Veggies<br>Yogurt |
| Thurs | WW/WG Bagels<br>w/ Cream Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk | Chili lime<br>fish stew<br>with dinner<br>rolls<br>Fresh Fruit<br>Milk | WW/WG Pita<br>Hummus or Dip<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                    |
| Fri   | WW Pancake<br>w/ Maple Syrup<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk    | Chicken and pasta<br>baked w mixed<br>vegetable                        | Banana Oat Bar<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   |





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## East Scarborough

- ✓ All cookies and muffins are vegan, and a variety of flavors are provided;
- ✓ Drinking water and/or milk is available at all times; ✓ Menu approved by a registered dietician; ✓ Menu adaptations and substitutions provided to address food sensitivities and age of the children



East Scarborough

# Licensed Child care LUNCH & SNACK MENU

SUMMER 2026 - WEEK 2

| DAY   | AM SNACK   | Lunch  | PM SNACK   |
|-------|--|--|--|
| Mon   | WW/WG Cereal<br>Dark green or<br>Orange Fruits<br>or Veggies<br>Milk                         | Macaroni Pie<br>Green<br>medley Fresh<br>Fruit Milk                          | WW/WG Crackers<br>w/ Hummus or Dip<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                 |
| Tues  | WW English Muffin<br>w/ Butter & Jam<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk | Chicken adobo<br>with potato<br>and carrots w<br>rice<br>Fresh Fruit<br>Milk | Fish cracker<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   |
| Wed   | WW/WG Bagel<br>w/ Cream Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk       | Fish Taco<br>coleslaw<br>Fresh Fruit<br>Milk                                 | WG Rice Cakes<br>w/ WOW Butter<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                     |
| Thurs | WW Raisin Bread<br>w/ WOW Butter<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk     | Jerk Chicken<br>Rice and Peas<br>Fresh Fruit<br>Milk                         | WW/WG Pita or<br>Tortilla Chips<br>w/ Salsa and<br>Shredded Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk |
| Fri   | WW Waffles<br>w/Maple Syrup<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk          | Beef Burger<br>w lettuce and<br>Cucumber                                     | WW/WG Oatmeal<br>Cookies<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   |





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East Scarborough

# Licensed Child care LUNCH & SNACK MENU

SUMMER 2026- WEEK 3

| DAY   | AM SNACK   | Lunch  | PM SNACK   |
|-------|--|--|--|
| Mon   | WW/WG Cereal<br>Dark green or<br>Orange Fruits<br>or Veggies<br>Milk                             | Chicken<br>and lentil<br>curry with<br>Rice<br>Fresh Fruits<br>Milk    | Animal Crackers<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk  |
| Tues  | WW English<br>Muffins<br>w/ Cheese slice<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk | Hearty<br>Beef and<br>bean stew<br>w dinner<br>rolls<br>Fruit, Milk    | Pretzels<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   |
| Wed   | WW Toast<br>w/ WOW Butter<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                | Chicken stir fry w<br>Rice<br>Fresh Fruit<br>Milk                      | Granola Parfait<br><i>(Infant/Toddler:<br/>WW/WG Cereal)</i><br>Dark green or<br>Orange Fruits or<br>Veggies<br>Yogurt |
| Thurs | WW/WG Bagel<br>w/ Cream Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk           | Baked Fish sticks<br>with vegetable<br>couscous Fresh<br>Fruit<br>Milk | WW/WG Snack<br>Bars<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk  |
| Fri   | WW Pancakes<br>w/ Maple Syrup<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk            | Beef lasagna<br><br>Fresh Fruit<br>Milk                                | WW Muffins<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk   |





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SUMMER 2026 - WEEK 4

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|-------|--|--|--|
| Mon   | WW/WG Cereal<br>Dark green or<br>Orange Fruits<br>or Veggies<br>Milk                         | Curry Chicken<br>and Rice<br>Fresh Fruit<br>Milk                             | WW/WG Crackers<br>w/ Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                    |
| Tues  | WW English Muffin<br>w/ Butter & Jam<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk | Beef Taco<br>Lettuce<br>, cheese<br>Fresh Fruit<br>Milk                      | WW/WG Pita or<br>Tortilla Chips<br>w/ Salsa<br>Shredded Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk |
| Wed   | WW Apple Currant<br>Flatbread<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk        | Baked Cajun<br>Chicken<br>Breast with<br>baked potato<br>Fresh Fruit<br>Milk | WW Veggie<br>Samosa<br>Cucumbers<br>Milk   |
| Thurs | WW/WG Bagel<br>Cream Cheese<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk          | Fish and lentil<br>gumbo W<br>Rice<br>Fresh fruits<br>Milk                   | Cheddar Puffs<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk  |
| Fri   | WW Waffles<br>w/ Maple Syrup<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk         | Chicken Burger<br>Lettuce, Cucumber<br>Fresh Fruit<br>Milk                   | WW/WG Oatmeal<br>Cookies<br>Dark green or<br>Orange Fruits or<br>Veggies<br>Milk                                       |





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