





Mini Marvels

Learning Centre

WEEKLY MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
 Morning Snack	Whole grain oatmeal & fresh fruits	Whole Wheat toast, scrambled eggs & fresh fruits	Pancakes with fresh berries & yogurt	Whole grain cereal with milk & fresh fruits	Egg muffins with toast & fresh fruits
 Lunch	Baked chicken, brown rice, steamed broccoli, fresh fruits & milk	Turkey pasta with tomato sauce, cucumber sticks, fresh fruits & milk	Lentil soup, whole grain bun, mixed vegetables, fresh fruits & milk	Chicken stir-fry with vegetables & rice, fresh fruits & milk	Mac & cheese, green peas, fresh fruits & milk
 Afternoon Snack	Mini pizza & cucumber sticks	Banana muffin, yogurt & fresh fruits	Carrot sticks, cheese cubes & whole grain crackers	Mini pita bread, cream cheese & fresh fruits	Berry yogurt smoothie & banana slices



Breakfast until 7:30am

| whole grain cereals with milk