

Bridgewater Day Care Centre Menu

Week1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Hot Cereal, fruit slices, and water	Fruit slices, bran muffin and water	whole grain cereal with fruit, & water	egg, fruit slices, and water	Fruit slices, cheese cubes and water
Lunch	beef/rice pitas, veggie salad with tomato, green pepper, milk, and lemon blueberry bread	Spaghetti with whole wheat and zucchini noodles, meat sauce with spinach, whole wheat bread, milk, and apple slices	roast pork, potato mash or salad green beans, whole wheat bread, milk, and bananas	Tandoori chicken, rice, green pepper, zucchini, and sweet potato sticks, whole wheat bread, milk and pears	tuna wraps, ceasar salad, milk and oatmeal cookie
PM Snack	Fruit slices, cereal bars, and water	Whole Wheat squares, peach slices and water	carrot, turnip, green pepper sticks, whole wheat crackers, & water	Ants on a Log - celery peabutter and raisins with water	Green goddess chickpea spread, carrot sticks & water
Week 2					
AM Snack	Cranberry Muffins, fruit and water	Apple sauce, whole wheat toast, & water	Hot cereal, fruit slices and water	Banana, peabutter tortilla wraps & water	fruit cocktail, yogurt, & water
Lunch	chicken slices, hodge podge (carrots, beans, peas, potatoes,) whole wheat bread, milk and bananas	egg roll in a bowl with broccoli and cabbage, rice, whole wheat bread, milk, and peaches	taco bake with spinach, ceasar salad, whole wheat bread, milk and cantaloupe	Vegetable soup with lentils, whole wheat bread, milk and pears	macaroni hamburger mix, veggie salad, whole wheat bread, milk and fruit crisp
PM Snack	Ginger Snap cookies, oranges & water	Hummus with celery, zucchini, carrot sticks & water	Fruit slices with pumpkin squares, and water	tomatoes & turnip sticks, rhubarb loaf & water	Whole wheat cereal, peach slices, & water

Homogenized milk is served to children under 24 months; all other ages receive 2% milk. All breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip, cabbage, sweet potato are substituted with soft or cooked vegetables for infants.

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole grain cereal, water and fruit	Hot cereal, water, & fruit	Banana, peabutter, tortilla wraps, and water	Fruit muffins, fruit slices, and water	Apple slices, carrot muffins and water
Lunch	Macaroni, cauliflower, & cheese, green beans raw or cooked, whole wheat bread, milk and peaches	Baked beans, potato cakes, broccoli and vegetable medley, whole wheat bread, milk, fruit cocktail	Porcupine meatballs or hamburgers, green beans, whole wheat bread, corn salad, milk and fruit salad	Pizza, Caesar salad, milk with pineapple chunks	Chicken and rice pita, peas and carrots, spinach salad with fruit, and milk
PM Snack	Granola energy balls, carrot sticks and water	cranberry or carrot cookie, melon and water	Green pepper, carrot and celery sticks, Hummus and water	Melon slices, cheese cubes, and water	Broccoli and cauliflower, whole grain cereal, and water
Week 4					
AM Snack	fruit slices, whole grain cereal, and water	Whole wheat toast, apple slices and water	fruit slices, banana muffins and water	Whole wheat toast, fruit slices, and water	Whole wheat toast,avocado smash, and water
Lunch	Egg salad sandwiches, Pasta Fredda salad with broccoli, cauliflower carrots and sweet pepper, milk and fresh fruit	Lasagna with spinach, ceasar salad, milk, whole wheat bread, and melon slices	Vegetarian stir fry with noodles, whole wheat bread, milk and pears	dahls, rice, green beans, whole wheat bread, milk and pineapple chunks	Haddock fish cakes, fruit chutney, peas and carrots, whole wheat bread, milk and fruit pops
PM Snack	whole wheat cereal, bananas and water	Oatmeal cookies, carrot slices and water	Fruit slices, whole grain cereal and water	Granola squares, veggie sticks and water	Apple slices, cheese cubes and water

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: Denise McAuley

Date August 6, 2025