SAFE AND SOUND: Leslieville's Home Daycare & Playschool

SAMPLE MEAL PLAN

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Yogurt Mango Oatmeal Milk	Whole-grain English Muffin sunflower seed butter and banana slices Milk	Hard boiled eggs Oatmeal Mixed Fruit Milk	Cottage Cheese Cantaloupe and melon Milk	High protein/fibre cereal Strawberries Milk
Lunch	Vegetarian Omelette Avocado slices Unsweetened Apple Sauce Water	Homemade Chilli with veggies and lean ground turkey Brown rice Mixed Berries Water	Homemade Vegetarian Lasagna with whole wheat noodles Apple slices Water	Grilled Cheese and Apple Sandwiches on Multigrain Bread Cucumber and baby carrots dipped in homemade dressing Water	Make-your-own mini-pizzas (!!) Red pepper sticks and homemade dressing Water
Afternoon Snack	Cheese and Multigrain Crackers Pear slices Milk or Water	Whole wheat pita and red pepper chunks Hummus Milk or Water	Cherry tomatoes Swiss cheese chunks Multigrain crackers Milk or water	Fruit and Yogurt Smiley Faces (or whatever design they feel like making!) Milk or water	Homemade fruit popsicles Rice cakes Avocado slices Milk or water