



FIRST JOURNEY MONTESSORI: Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cheerios Water	Bagel with Cream Cheese/Jam Water	Breakfast Bites Water	Oatmeal Water	Jam/Cream Cheese Pinwheel Wraps Water
Lunch	Lunch	Lunch	Lunch	Lunch
Vegetable Soup with Garlic Bread Yogurt Parfait Milk	Rice with BBQ Chicken Oven Roasted Vegetables Seasonal Fruit Milk	Meatballs with Potato Bake Steamed Vegetables Apple Sauce Milk	Chicken Flatbread Seasonal Fruit with Jell-O Milk	Lasagne Vegetable Platter Seasonal Fruit Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Lemon Loaf Water	Cheese and Crackers Water	Dried Fruit Arrowroots Water	Rice Cakes Water	Baked Goods Water

SHONA SALATI

FIRST JOURNEY MONTESSORI

** Meals are subject to change based on children`s preferences.*

** All meals follow the Canada Food Guide and fresh fruit and vegetables are served daily (within season).*



FIRST JOURNEY MONTESSORI: Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cheerios Water	Croissants Cream Cheese Water	Cinnamon Bread with Jam Water	Waffles Water	Apple & Orange Slices Water
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Strips Oven Roasted Potatoes Vegetables Yogurt Milk	Turkey and Cheese Wraps Vegetable Platter Fruit Crumble Milk	Mini Burger Sliders Potato Wedges Vegetables Seasonal Fruit Milk	Spaghetti Bolognese Vegetable Platter Seasonal Fruit Milk	English Muffin Pizzas Carrot Sticks Fruit Smoothies Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Nutri-Grain Bars Water	Pita Bread with Cream Cheese Water	Rice Cakes Water	Chips and Salsa Water	Baked Goods Water

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FIRST JOURNEY MONTESSORI: Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Oatmeal with Raisins Water	Toast with Jam Water	Bagel Cream Cheese Water	Cheerios Water	Breakfast Bites Water
Lunch	Lunch	Lunch	Lunch	Lunch
Tortellini with Marinara Sauce Vegetable Platter Apple Sauce Milk	Chicken and Vegetable Quesadillas Yogurt Parfait Milk	Beef Meatballs Vegetable Rice Dried Fruit Milk	Tomato Soup Grilled Cheese Sandwich Bananas and Custard Milk	Tilapia Mashed Potatoes Peas Seasonal Fruit Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Seasonal Fruit Water	Goldfish Crackers Cheese Cubes Water	Seasonal Fruit Water	Cucumber and Carrot Sticks Water	Baked Goods Water

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FIRST JOURNEY MONTESSORI: Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cheerios Water	Seasonal Fruit Water	Waffles Water	Cinnamon Bread with Jam Water	Cucumber Slices Cheese Cubes Water
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni and Cheese Tuna Melt Vegetable Platter Yogurt Milk	Chicken Parmesan Bread & Butter Broccoli Bake Applesauce Milk	Fish Sticks Oven Roasted Potatoes Vegetables Seasonal Fruit Milk	Meatloaf Tater Tots Dried Fruit with Yogurt Milk	Cheese Pizza Carrot Sticks Fruit Smoothies Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Arrowroots Raisins Water	Chips & Salsa Water	Pita Bread and Cream Cheese Water	Seasonal Fruit Water	Baked Goods Water

SHONA SALATI

FIRST JOURNEY MONTESSORI

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