



FIRST JOURNEY MONTESSORI: Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cheerios Water	Whole Wheat Bagels with Strawberry Jam Water	Apple Rings with Wow Butter Water	Scrambled Eggs & Toast Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
Vegetable Noodle Soup Garlic Bread Seasonal Fruit Milk	Fish Fillets Vegetable & Lentil Rice Yogurt Parfait Water	Meatballs Oven Roasted Potatoes & Vegetables Apple Sauce Milk	Chicken and Spinach Quesadillas with Vegetables & Dip Pineapple & Cantaloupe Milk	Meat & Vegetable Lasagne Fruit & Vegetable Smoothies Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Cheese & Crackers Water	Trail Mix Water	Cucumber & Cream Cheese on Baguette Water	Homemade Popcorn 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
Vegetables & Hummus Water	Pita Bread with Avocado Water	Oatmeal Water	Croissants with Strawberry Cream Cheese Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
Whole Wheat English Muffin Pizzas Carrot Sticks Yogurt with Seasonal Fruit Water	Vegetable Omelette & Baked Beans Banana Bread Milk	Turkey and Cheese Wraps Vegetable Platter Seasonal Fruit Milk	Chicken Strips with Lentil Rice and Bean, Pepper & Cucumber Salad Jello Milk	Pasta Shells with Marinara Sauce & Vegetables Fruit & Vegetable Smoothies Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Nutri-Grain Bars Water	Apple & Banana Slices Water	Chips & Salsa Water	Melba Toast with Ricotta Cheese 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
Mini Shredded Wheat Water	Pancakes Water	Cinnamon Toast Water	Whole Wheat Bagels & Cream Cheese Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken and Corn Tacos Vegetable Platter Seasonal Fruit Milk	Tomato Soup Grilled Cheese Sandwiches Banana Slices with Yogurt Water	Tri-Colour Tortellini's with Marinara Sauce & Vegetables Apple Sauce Milk	Fish Sticks Mashed Potatoes & Peas Seasonal Fruit Milk	Tuna Flatbread Tomato & Cucumber Salad Smoothies Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Cheese Cubes Arrowroots Water	Goldfish Crackers & Vegetables Water	Cheese, Grape & Marshmallow Kabobs Water	Homemade Granola Bars 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
Waffles Water	Pita Bread with Hummus Water	Seasonal Fruit Water	Oatmeal Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
Oven Baked Pasta with Marinara Sauce, Beans & Broccoli Seasonal Fruit Milk	BBQ Chicken Sweet Potato Rounds & Vegetables Banana Bread Milk	Whole Wheat Tuna Melts Chickpea & Pepper Salad Yogurt Water	Meatloaf with Lentils Vegetable Rice Jello Milk	Cheese Pizza and Carrot Sticks Fruit & Vegetable Smoothies Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Mini Rice Cakes Water	Veggie Chips Water	Cream Cheese Rolls Water	Avocado on Toast Water	Baked Goods Water

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