



FIRST JOURNEY MONTESSORI: Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cheerios Water	Bagel with Jam Water	Apple Rings with Wow Butter Water	Scrambled Eggs and 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 And Vegetables Fruit Smoothies Milk	Chicken & Spinach Quesadillas Vegetable Platter Pineapple & Cantaloupe Milk	Meat & Vegetable Lasagne Apple Sauce Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Cheese and Crackers Water	Trail Mix Water	Cucumber and Cream Cheese on Baguette 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
Oatmeal Water	Seasonal Fruit Water	Avocado with Crackers Water	Cheese & Fruit Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
English Muffin Pizzas Carrot Sticks Yogurt with Seasonal Fruit Water	Eggs, Toast, Baked Beans And Vegetables Apples & Banana Slices Milk	Turkey & Cheese Wraps Vegetable Platter Seasonal Fruit Milk	Chicken Strips with Rice Bean, Pepper & Cucumber Salad Fruit Smoothies Milk	Pasta with Marinara Sauce & Vegetables Jello Milk
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Sliced Pears Water	Organic Mini Veggie Bites Water	Chips & Salsa Water	Croissants with Cream 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 & Corn Tacos Vegetable Platter Homemade Apple Crisp Milk	Tomato & Carrot Soup Grilled Cheese Sandwiches Fruit Smoothies Water	Tri-Color Cheese Tortellini with Marinara Sauce & Mixed Vegetable Applesauce Milk	Fish Sticks Mashed Potatoes & Peas Seasonal Fruit Milk	Tuna Flatbread Tomato & Cucumber Salad Yogurt Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Cheese Cubes Arrowroots Water	Goldfish Crackers & Cucumber Slices Water	Grapes & Cheese Water	Pita Bread with Avocado 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	Avocado on Toast Water	Rainbow Platter (Fruits & Vegetables) Water
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta with Beans, Broccoli & Marinara Sauce Seasonal Fruit Milk	BBQ Chicken Sweet Potato Rounds & Mixed Vegetables Fruit Smoothies Milk	Tuna Melt Chickpea & Pepper Salad Yogurt Water	Meatloaf with Lentils Vegetable Rice Jello Milk	Cheese Pizza Carrot Sticks Applesauce Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Mini Rice Cakes Water	Veggie Chips Water	Homemade Banana Bread Water	Seasonal Fruit Water	Baked Goods Water

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