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April 1, 2019

Hello Discovery Early Learning & Care Families:

We have been working diligently behind the scenes for the past year and have taken a step forward with regards to meal planning and preparation for your children.

Together with the Royal Canadian Legion, Br. 336 in Falconbridge, we have formed a partnership and we are renting their kitchen and storage space. We have hired staff, revised menus, organized delivery services, renovated the kitchen and storage space and purchased commercial equipment in order to cater meals to our four sites. This allows us the opportunity for better oversight of quality, quantity and nutritional value of our meals and snacks.

Menus are on a four week rotation and will be posted on our Discoverycare.ca website and close to the kitchen area at your site. We will also review the menus seasonally and make changes as necessary. We hope that your children will share with you their comments regarding the meals and snacks offered to them each day. Our teams are monitoring the intake of the new menu choices and sharing responses with the Program Supervisors. If you have any questions or comments shared from your children we welcome them.

The Public Health Sudbury food inspector has been out to approve the kitchen and observe the operational procedures as we begin cooking for the children as of April 1, 2019.

We are grateful to everyone for your support in this new journey including the Leadership Team, Legion Branch #336 Executive and Ladies Auxiliary, contractors and community businesses.

Warmest Regards,

Tracy Saarikoski, RECE, AECEO.C, BA

Executive Director

DiscoveryCare.ca



MENU: WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Cereal Milk Fruit	Fruit Muffins Fruit	Bagel Cream Cheese Fruit	Pancakes Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Spaghetti Red Lentil Sauce Garden Salad Fruit Milk Bread	Chicken Stir Fry Brown Rice Fruit Milk Bread	Shepherd's Pie Garden Salad Fruit Milk Bread	Vegetable soup Ham Sandwich Crackers Cucumbers Fruit Milk	Turkey Potatoes Broccoli Fruit Milk Bread
AFTERNOON SNACK	Cracker Cheese Pickles Fruit	Hummus Celery/Carrot Sticks Naan Bread Fruit	Assorted Veggies Dip Fruit	Tortilla Chips Salsa Fruit	No-Bake Toasted Oat Granola Bars Fruit

Canada's Food Guide encourages us to make water our drink of choice, have plenty of vegetables and fruits (one half of the plate) eat protein foods (one quarter of plate) and to choose whole grain foods (one quarter of plate).

NOTES:



MENU: WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	French Toast Fruit	Assorted Cereal Fruit Milk	Savory Muffin Fruit	Oatmeal Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Quinoa & Vegetable Casserole Garden Salad Fruit Milk Bread	Penne Pasta with Sausage Tomato Sauce Garden Salad Fruit Milk Bread	Ham Mashed Potatoes Carrots Fruit Milk Bread	Hashbrown & Cheese casserole Brown Beans Sausage Fruit Milk Bread	Tomato Macaroni Soup Grilled Cheese Crackers Cucumbers Fruit Milk
AFTERNOON SNACK	Muffins Fruit	Apple Crisp Fruit	Crackers Cheese Pickles Fruit	Assorted Veggies Dip Fruit	Oatmeal Cookies Fruit

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NOTES:



MENU: WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Yogurt Fruit	Boiled Eggs Toast Fruit	Bagel Cream Cheese Fruit	Assorted Cereal Milk Fruit	Fruit Muffins Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Quesadilla Garden Salad Fruit Milk	Chicken Noodle Soup Ham Sandwich Crackers Cucumbers Fruit Milk	Vegetable Stew Garden Salad Fruit Milk Bread	Vegetable Lasagna Garden Salad Fruit Bread Milk	Turkey Meatballs Brown Rice Broccoli Bread Fruit Milk
AFTERNOON SNACK	Cheese Crackers Pickles Fruit	Apple Sauce Scone Fruit	Frozen Yogurt Fruit	Tortilla Chips Hummus Fruit	Vegetables and Dip Fruit

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NOTES:



MENU: WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Cereal Milk Fruit	Apple Sauce Toast Fruit	Boiled Eggs Toast Fruit	English Muffin Jam Fruit	Yogurt Fruit
MID MORNING SNACK	Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH	Pasta Alfredo Sauce Chicken Garden Salad Bread Fruit Milk	Lentil Burger Mini Slider Buns Potato Wedges Garden Salad Fruit Milk	Pizza Mixed Vegetable Sticks Fruit Milk	Chicken & Rice Soup Grilled Cheese Sandwich Crackers Cucumbers Fruit Milk	Meat Loaf Potatoes Peas Bread Fruit Milk
AFTERNOON SNACK	Loaf/Muffin Fruit	Trail Mix Fruit	Tortilla chips Salsa Fruit	Vegetables and Dip Fruit	Cheese Pickles Crackers Fruit

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