

# KITCHEN



## MEET THE STAFF!



Giselle and Jenelle

## MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Country</b>	Ukraine	Mexico	India	Italy	France
<b>AM SNACK</b>	Organic Cereal with Milk Seasonal Fruit	Mini Whole Wheat Bagels with cream cheese Seasonal Fruit	English Muffins with Wow Butter Seasonal Fruit	Banana Pancakes Seasonal Fruit	Whole Grain Scones Seasonal Fruit
<b>LUNCH VEGETARIAN</b>	Whole Wheat Cheese Perogies, Tomato Sauce & Sour Cream, Green Beans	Black Bean & Veggie Fajitas with Shredded Cheese & Salsa	Curry Chicken with Mini Naan Bread & Root Vegetables Chickpeas	Whole Grain Pizza with Cheese &/or Turkey 'Pepperoni', Baby Spinach Salad No Turkey	Beef Bourguigone served with Potatoes & Green Peas Lentils
<b>PM SNACK</b>	Rice Rolls Seasonal Fruit/Veg	Cinnamon Raisin Rounds	Applesauce with Graham Crackers Seasonal Fruit/Veg	Rice Cracker 'Stacks' with Hummus and Veggies Seasonal Fruit/Veg	Quinoa Puff Squares Seasonal Fruit

Here is an example of the different snacks and meals your child will eat at West End! Our kitchen staff prepare meals daily on site with fresh, locally sourced and organic (when possible) ingredients. There is a different set of meals planned for each week. Our menu changes seasonally and has a diverse range of flavours and cultural inspiration.