

# THE KITCHEN

## MEET THE STAFF!



Giselle and Jenelle

## MENU SAMPLE

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