

Menu Calendar Report

Sorted by Date, Then by Meal, Then by Menu Sequence

Humber Meadows - Snack Menu - Regular Diet

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
AM	Cranberry Cocktail Juice 125 ml	Raspberry Drink 125 ml	Tropical Punch 125 ml	Cherry Drink 125 ml	Peach Drink 125 ml	Orange Drink 125 ml	Cranberry Cocktail Juice 125 ml						
PM	Iced Tea 125 ml Freshly Baked Oatmeal Raisin Cookie 30 gram Assorted Seasonal Fruit 1 each	Peach Drink 125 ml Summer Berry Flax Cake 60 gram Assorted Seasonal Fruit 1 each	Raspberry Drink 125 ml Apple Oatmeal Cookie 50 gram Assorted Seasonal Fruit 1 each	Orange Drink 125 ml Maple Cinnamon Snack Cookie 45 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Carrot Snack Cookie 45 gram Assorted Seasonal Fruit 1 each	Lemonade 125 ml Banana Chocolate Chip Super Grain Cookies 18 gram Assorted Seasonal Fruit 1 each	Iced Tea 125 ml Digestive Cookies 22 gram Assorted Seasonal Fruit 1 each						
HS	Tropical Punch 125 ml Morning Glory Snack Cake 60 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Tea Biscuit (Half) 30 gram Blueberry Chia Fruit Spread 15 ml Assorted Seasonal Fruit 1 each	Pineapple Juice 125 ml Banana Snack Cookie 45 gram Assorted Seasonal Fruit 1 each	Iced Tea 125 ml Mozzarella Cheese Sandwich 50 gram Assorted Seasonal Fruit 1 each	Apple Drink 125 ml Half Chicken Salad Sandwich 65 gram Assorted Seasonal Fruit 1 each	Peach Drink 125 ml Vanilla Pudding 80 ml Assorted Seasonal Fruit 1 each	Pineapple Juice 125 ml Freshly Baked Raisin Bran Cake 45 gram Assorted Seasonal Fruit 1 each						
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
AM	Apple Drink 125 ml	Orange Drink 125 ml	Tropical Punch 125 ml	Pineapple Juice 125 ml	Cherry Drink 125 ml	Cranberry Cocktail Juice 125 ml	Raspberry Drink 125 ml						
PM	Peach Drink 125 ml Dark Raisin Bran Snack Cake 45 gram Assorted Seasonal Fruit 1 each	Raspberry Drink 125 ml Freshly Baked Oatmeal Raisin Cookie 30 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Bran Crunch Cookies 20 gram Assorted Seasonal Fruit 1 each	Wildberry Drink 125 ml Apple Oatmeal Cookie 50 gram Assorted Seasonal Fruit 1 each	Peach Drink 125 ml Chocolate Chip & Oatmeal Cookie 55 gram Assorted Seasonal Fruit 1 each	Lemonade 125 ml Summer Berry Flax Cake 60 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Freshly Baked Caramel Swirl Loaf 75 gram Assorted Seasonal Fruit 1 each						
HS	Cherry Drink 125 ml Carrot Snack Cake 55 gram Assorted Seasonal Fruit 1 each	Tropical Punch 125 ml Peanut Butter & Jam Sandwich on Whole Wheat (Half) 55 gram Assorted Seasonal Fruit 1 each	Apple Drink 125 ml Raisin Tea Biscuit (Half) 30 gram Margarine 5 ml Assorted Seasonal Fruit 1 each	Iced Tea 125 ml Half Chicken Salad Sandwich 65 gram Assorted Seasonal Fruit 1 each	Orange Drink 125 ml Carrot Snack Cookie 45 gram Assorted Seasonal Fruit 1 each	Raspberry Drink 125 ml Mini Ice Cream Sandwich 60 ml Assorted Seasonal Fruit 1 each	Peach Drink 125 ml Chocolate Beet Loaf 70 gram Assorted Seasonal Fruit 1 each						
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
AM	Apple Drink 125 ml	Orange Drink 125 ml	Raspberry Drink 125 ml	Tropical Punch 125 ml	Orange Drink 125 ml	Cranberry Cocktail Juice 125 ml	Pineapple Juice 125 ml						
PM	Iced Tea 125 ml Freshly Baked Chewy Peanut Butter Cookie 55 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Bran Crunch Cookies 20 gram Assorted Seasonal Fruit 1 each	Lemonade 125 ml Strawberry Turnover Cookie 25 gram Assorted Seasonal Fruit 1 each	Peach Drink 125 ml Chocolate Chip & Oatmeal Cookie 55 gram Assorted Seasonal Fruit 1 each	Tropical Punch 125 ml Classic Sugar Cookies 30 gram Assorted Seasonal Fruit 1 each	Iced Tea 125 ml Banana Snack Cookie 45 gram Assorted Seasonal Fruit 1 each	Wildberry Drink 125 ml Digestive Cookies 22 gram Assorted Seasonal Fruit 1 each						
HS	Apple Drink 125 ml Half Herb Egg Salad on Whole Wheat 60 gram Assorted Seasonal Fruit 1 each	Tropical Punch 125 ml Apple Oatmeal Cookie 50 gram Assorted Seasonal Fruit 1 each	Cranberry Cocktail Juice 125 ml Morning Glory Snack Cake 60 gram Assorted Seasonal Fruit 1 each	Cherry Drink 125 ml Tea Biscuit (Half) 30 gram Mixed Berry Chia Fruit Spread 15 ml Assorted Seasonal Fruit 1 each	Raspberry Drink 125 ml Peanut Butter & Jam Sandwich on Whole Wheat (Half) 55 gram Assorted Seasonal Fruit 1 each	Lemonade 125 ml Chocolate Zucchini Bread 65 gram Assorted Seasonal Fruit 1 each	Tropical Punch 125 ml Cheese Sandwich on Whole Wheat (Half) 50 gram Assorted Seasonal Fruit 1 each						

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AM	Orange Drink	125 ml	Tropical Punch	125 ml	Apple Drink	125 ml	Pineapple Juice	125 ml	Raspberry Drink	125 ml	Apple Drink	125 ml	Tropical Punch	125 ml
PM	Cherry Drink	125 ml	Peach Drink	125 ml	Orange Drink	125 ml	Apple Drink	125 ml	Lemonade	125 ml	Wildberry Drink	125 ml	Cranberry Cocktail	125 ml
	Oatmeal Cookies	38 gram	Carrot Snack Cookie	45 gram	Double Chocolate Cookie	30 gram	Shortcake Cookies	30 gram	Apple Oatmeal Cookie	50 gram	Blueberry Super Grain Cookies	18 gram	Apple Turnover Cookie	25 gram
	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each
HS	Iced Tea	125 ml	Cherry Drink	125 ml	Raspberry Drink	125 ml	Tropical Punch	125 ml	Raspberry Drink	125 ml	Cranberry Cocktail Juice	125 ml	Orange Drink	125 ml
	Cheese & Crackers	35 gram	Dark Raisin Bran Snack Cake	45 gram	Half Chicken Salad Sandwich	65 gram	Mozzarella Sandwich on Whole Wheat (Half)	50 gram	Mini Ice Cream Sandwich	60 ml	Half Ham Salad Sandwich on Whole Wheat	60 gram	Summer Berry Flax Cake	60 gram
	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each	Assorted Seasonal Fruit	1 each