

Whimsical Wonders Childcare Menu Overview

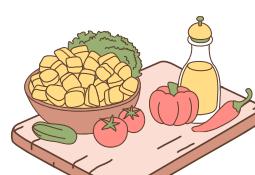
At Whimsical Wonders Childcare, we are committed to nurturing healthy habits through nutritious, balanced meals that support the growth and development of young children. Our carefully crafted 4-week rotating menu follows the recommendations set out by the Canada Food Guide for children aged 1 to 5, ensuring every child receives the nourishment they need to thrive.

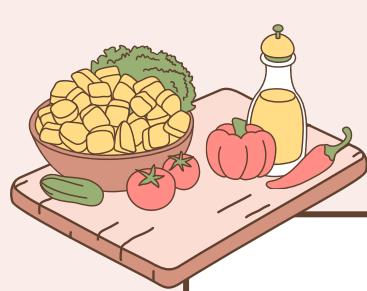
What Sets Our Menu Apart:

- **Aligned with Canada's Food Guide:** Our meals are thoughtfully prepared based on Health Canada's guidance for young children. We offer a variety of foods from all food groups, ensuring proper balance and nutrition.
- **Whole Foods First:** We prioritize whole grains, fresh fruits and vegetables, lean proteins, and healthy fats in all our meals and snacks.
- **Minimized Sugar & Sodium:** Meals are low in added sugar and salt to support developing bodies and promote lifelong healthy eating habits.

According to the Canada Food Guide for Ages 1–5, Our Menu:

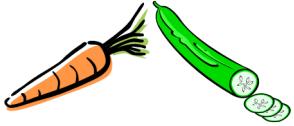
- Includes a variety of vegetables and fruits daily, helping children develop a love for fresh produce.
- Provides plant-based and animal-based protein sources, including lentils, beans, chicken, eggs, and dairy.
- Encourages water as the drink of choice throughout the day.
- Avoids processed foods and artificial ingredients, staying focused on clean and simple meals.
- We take pride in creating a menu that supports each child's physical health, learning, and overall well-being. Weekly menus are posted for parents and adjusted seasonally to include fresh, local ingredients whenever possible.





Menu 1

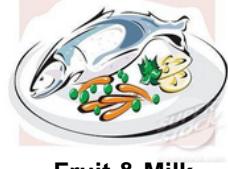
7 – 8am Cereal and Milk available.

	9:30 – 10:00am	11:30 – 12:30pm	3:00 – 3:30pm
Monday	Hot Cereal with Raisins  Milk	Meatloaf, Potatoes & Vegetables  Fruit & Milk	Crackers with Fruit  Water
Tuesday	Bagels, Toast or Biscuits with Cream Cheese and Fruit Spread  Milk	Soup & Sandwich  Fruit & Milk	Apple Slices and Cheese  Water
Wednesday	Muffins with Yogurt  Milk	Fish, Rice & Vegetables  Fruit & Milk	Vegetables & Dip  Milk
Thursday	French Toast  Milk	Chicken Noodles Salad  Fruit & Milk	Yogurt with Fruit  Water
Friday	Cereal with Fruit  Milk	Soup & Sandwich  Fruit & Milk	Homemade Cookies  Milk

5 – 6pm Crackers and Water available.



Menu 2**7 – 8am Cereal and Milk available.**

	9:30 – 10:00am	11:30 – 12:30pm	3:00 – 3:30pm
Monday	Hot Cereal with Fruit  Milk	Chili, Buns & Salad  Fruit & Milk	Crackers with Fruit  Water
Tuesday	Bagels, Toast or Biscuits with Cream Cheese and Fruit Spread  Milk	Soup & Wraps  Fruit & Milk	Homemade Fruit Loaf  Water
Wednesday	Muffins With Yogurt  Milk	Chicken, Rice & Vegetables  Fruit & Milk	Veggies & Dip  Milk
Thursday	Whole Grain French Toast  Milk	Fish, Potatoes & Vegetables  Fruit & Milk	Yogurt with Fruit  Water
Friday	Cereal with Raisins  Milk	Soup & Sandwich  Fruit & Milk	Homemade Cookies  Milk

5 – 6pm Crackers and Water available.

Menu 3

7 – 8am Cereal and Milk available.

	9:30 – 10:00am	11:30 – 12:30pm	3:00 – 3:30pm
Monday	<p>Hot Cereal with Fruit</p>  <p>Milk</p>	<p>Pasta with Meat Sauce and Salad</p>  <p>Fruit & Milk</p>	<p>Crackers with Fruit</p>  <p>Water</p>
Tuesday	<p>Pancakes with Fruit Sauce</p>  <p>Milk</p>	<p>Soup & Sandwich</p>  <p>Fruit & Milk</p>	<p>Vegetables With Dip</p>  <p>Milk</p>
Wednesday	<p>Muffins with Yogurt</p>  <p>Milk</p>	<p>Chicken Potatoes Vegetables</p>  <p>Fruit & Milk</p>	<p>Homemade Granola Bars</p>  <p>Water</p>
Thursday	<p>Eggs with Whole Wheat Toast</p>  <p>Milk</p>	<p>Pork, Rice & Corn</p>  <p>Fruit & Milk</p>	<p>Yogurt with Fruit</p>  <p>Water</p>
Friday	<p>Cereal with Fruit</p>  <p>Milk</p>	<p>Soup & Wraps</p>  <p>Fruit & Milk</p>	<p>Homemade Cookies</p>  <p>Milk</p>

5 – 6pm Crackers and Water available.

Menu 4

7 – 8am Cereal and Milk available.

	9:30 – 10:00 am	11:30 – 12:30pm	3:00 – 3:30pm
Monday	<p>Hot Cereal with Fruit</p>  <p>Milk</p>	<p>Chicken Rice Vegetables</p>  <p>Fruit & Milk</p>	<p>Crackers with Fruit</p>  <p>Water</p>
Tuesday	<p>Pancakes with Fruit Sauce</p>  <p>Milk</p>	<p>Soup & Sandwich</p>  <p>Fruit & Milk</p>	<p>Whole Grain Garlic Cheese Bread</p>  <p>Milk</p>
Wednesday	<p>Muffins with Yogurt</p>  <p>Milk</p>	<p>Beef Pasta Salad</p>  <p>Fruit & Milk</p>	<p>Vegetables & Dip</p>  <p>Milk</p>
Thursday	<p>Eggs with Whole Wheat Toast</p>  <p>Milk</p>	<p>Pork Potatoes Vegetables</p>  <p>Fruit & Milk</p>	<p>Yogurt with Fruit</p>  <p>Water</p>
Friday	<p>Cereal with Raisins</p>  <p>Milk</p>	<p>Soup & Sandwich</p>  <p>Fruit & Milk</p>	<p>Homemade Cookies</p>  <p>Milk</p>

5 – 6pm Crackers and Water available.