



Rideau Daycare Menu

Date Established: August 19, 2026

Date Updated: October 25, 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	• Whole grain toast & Cream cheese • Cucumber slices	• Whole wheat bagel • Avocado spread	• French toast & sunflower seed butter • Apple slices	• Yogurt parfait & granola • Berries	• Banana oatmeal muffin • Orange wedges
Lunch	• Baked chicken • Quinoa • Corn	• Pumpkin puree soup with croutons • Zucchini sticks	• Turkey meatballs • Mashed potatoes • Baked broccoli	• Mac & cheese • Crispy roasted green beans	• Baked cod fillet • Brown rice • Green salad
PM Snack	• Muffins	• Mini pizzas	• Cereal bar (nut-free) • Pear slices	• Celery & carrot sticks with hummus	• Cheese cubes with whole grain crackers
Additional Snacks/Meals	Available if needed: Milk, plain yogurt, fresh fruit, crackers, grain-based bars				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	• Carrot muffins • Apple sauce	• Greek yogurt with mango cubes • Rice crackers	• Rice pudding • Banana slices	• Banana bread • Grapes	• Scrambled eggs with toast • Pear slices
Lunch	• Falafel • Couscous • Cauliflower	• Chili with beef/pork meat • Bell pepper	• Salmon pasta • Mixed vegetables	• Lentil stew • Grilled cheese sandwich	• Chicken noodle soup • Peas
PM Snack	• Mixed vegetables & tzatziki	• Pretzel sticks • Apple sauce	• Mini pita • Guacamole	• Smoothie • Crackers	• High-protein cheesecake
Additional Snacks/Meals	Available if needed: Milk, plain yogurt, fresh fruit, crackers, grain-based bars				