

Daily School Menu

Day 1

Breakfast

Dry cereals, milk
French toast, compote
Baked Beans
Fruit salad

Lunch

Soup
Salad
Burgers

Dinner

Salad
Veg chili, rice
Garlic bread

Dessert

Day 2

Breakfast

Dry cereals, milk
Scrambled eggs
Hashbrowns, ketchup
Bacon
Fruit salad
Juice

Lunch

Soup
Salad
Pizza

Dinner

Salad
Roast turkey
Roast veggies
Steamed nugget
potatoes

Dessert

CHEAKAMUS CENTRE

nature is in session

Daily School Menu

Day 3

Breakfast

Dry cereal, milk
Sliced fruit.
Pancakes, syrup,
Turkey sausages
Juice

Lunch

Soup
Salad
Turkey salad wraps

Dinner

Caesar salad
Macaroni and cheese
Garlic bread

Dessert

Day 4

Breakfast

Dry cereals, Milk
Frittatas
Refried beans
Flour tortilla
Fruit Salad
Juice

Lunch

Soup
Roast chicken
Veggie stirfry
Chow mein noodle or
Rice

Dinner

Salad
Roast pork
Potatoes and root veg

Dessert

CHEAKAMUS CENTRE

nature is in session

Daily School Menu

Day 5

Breakfast

Dry cereals, Milk
Waffles, Whipped
cream, berry compote,
Fruit Salad
Juice

Lunch

Soups
Crudit  & dips
Grilled Cheese

Dinner

Mixed greens Salad
House vinaigrettes
Maple glazed
peppered sockeye
salmon
Seven grain rice blend
Asian steamed
Vegetables

Dessert