

CHEAKAMUS CENTRE

nature is in session

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 pork
Potatoes and root veg

Dessert

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Daily School Menu

Day 3

Breakfast

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

Lunch

Soup
Salad
Wraps or Tacos

Dinner

Caesar salad
Macaroni and cheese
Garlic bread

Dessert

Day 4

Breakfast

Dry cereals, Milk
Frittatas
Perogies
Fruit Salad
Juice

Lunch

Soup
Roast chicken
Veggie stirfry
Chow mein noodle or
Rice

Dinner

Salad
Roast turkey
Roast veggies
Steamed nugget potatoes

Dessert

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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