

REKSAP Centres
for Early Learning



Regina • Severn • Jockvale
SINCE 1984

Lunch Menu

Unless specified, all meals are vegetarian

Day	Week One	Week Two	Week Three
Monday	Mac & Cheese with Tofu and Vegetables Fruit	Vegetable, Tofu & Bean Pulao Fruit	Dal Tadka Pita Bread Rice Vegetable Tray Fruit
Tuesday	Chicken Cacciatore Vegetarian: Tofu cacciatore Macaroni Baked Dessert	Beef and Vegetable Pasta Vegetarian: Plant-Based Protein and Vegetable Pasta Garden Salad Baked Dessert	Chicken Fingers Vegetarian: Tofu Fingers Mashed Potatoes Coleslaw Baked Dessert
Wednesday	Spanish Rice with Beef Vegetarian: Spanish Rice with Plant-Based Protein Garden Salad Fruit	Chicken Meatballs Vegetarian: Veggie Balls Couscous Vegetable Tray Fruit	Beef and Vegetable Chili Vegetarian: Tofu Chili Cornbread Fruit
Thursday	Vegetable & Egg Fried Rice Applesauce	Butter Chicken Vegetarian: Butter Tofu Rice Steamed Vegetables Applesauce	Bean & Cheese Quesadillas Veggie Tray Applesauce
Friday	Chickpea Pot Pie Garden Salad Cookie	Koshari (Rice, Lentil & Macaroni with Crispy Onions in Tomato Sauce) Steamed Vegetables Cookie	Chicken Salad Wraps Vegetarian: Chickpea Salad Wraps Garden Salad Cookie

Milk, and water served at every lunch

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Snack Menu

Day	Week One	Week Two	Week Three
Monday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Yogurt Granola	P.M. Bear Paws/ Vegan Muffins Apples	P.M. Applesauce Crackers
Tuesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Cheese String Pickles Triscuits	P.M. Vegetables Pita Edamame Dip	P.M. Tostitos Salsa Black Bean Dip
Wednesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Vegetables Pita Roasted Red Pepper Dip	P.M. Bananas with Honey & Rice Krispies	P.M. Pita Cucumber Slices Tzatziki
Thursday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Fruit Salad Crackers	P.M. Mixed Vegetable Salad with Croutons Salad Dressing	P.M. Yogurt Granola
Friday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Mixed Whole Fruit Oatmeal Bites	P.M. Oranges Crackers	P.M. Mixed Whole Fruit Goldfish Crackers

A.M. Snack served with milk or water.

P.M. Snack served with water.

*****Fruit is served at every snack*****