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October 28, 2019

Bloorcourt Village Early Learning Centre
823 Dovercourt Blvd
Toronto, Ontario
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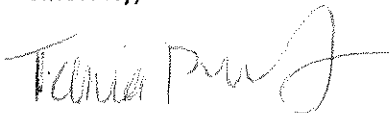
As a Registered Dietitian and member of the College of Dietitians, I authorize the Bloorcourt Village Early Learning Centre's Fall and Winter 2019/2020 menu. Bloorcourt Village continues to provide a menu that is low in salt, added sugars and trans fats by offering a greater variety of fruits and vegetables, high fibre whole grain products and more legume options. The Bloorcourt Village menu presents with a mixture of entrees exposing the children to different consistencies and tastes to make meal time fun and exciting.

Upon review of the Bloorcourt Village menu, which includes lunch and two snacks reveals that the menu provides 50% of Canada's Food Guide recommendations for children age six or younger. The menu provides an average of 2-2.5 servings of fruits and vegetables, 2-2.5 servings of grains, 1-1.5 servings of milk and alternatives and 0.5-1 servings of meat and alternatives. In addition, the menu adheres to the Child Care and Early Years Act(CCEYA) guidelines for meals aimed at children age six or younger to ensure 2 servings (1 cup) of fruits or vegetables, 1 serving (1 slice or ½ cup) of grains, 1 serving (1 cup or 1.5oz) of milk and alternatives and 1 serving (2.5oz or ¾ cup) of meat and alternatives. The menu consistently provides a dark green and orange vegetable daily and more than half the grain products offered daily are whole grain. A vegetarian option is available daily containing tofu or legumes. Three food groups are provided during AM and PM snack, exceeding CCEYA expectation.

The Bloorcourt Village menu continues to propose new food items such as asparagus, edamame and brussel sprouts to introduce children to new flavours and textures. This allows for unpopular items to be removed from the menu, creating an environment where children can feel comfortable broadening their food preferences and developing healthy eating habits for adulthood.

Bloorcourt Village continues to be innovators with their food selections, strengthening the nutritional value of their menu. I fully endorse the Fall & Winter 2019/2020 menu.

Sincerely,




Tania Ferrante, RD #14302


Fall/Winter Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	MG Cheerios with milk Banana	Scrambled eggs with Croissants Clementine's Milk	Oatmeal with Cinnamon & Fresh Diced Apples Milk	½ WW Bagels with Sunflower Butter and Sliced Banana Milk	Whole Grain Pancakes topped with Mango Milk
Lunch	Macaroni and Cheese 3 bean salad California Vegetable Mix (Broccoli, Cauliflower, Carrots) Cantaloupe Milk	Lemon Chicken (red peppers and carrots) Brown Rice Green Beans Honey dew Milk	Sloppy Joe (beef) With Spinach & Mushrooms and tomato sauce Over Quinoa with butternut squash Pineapple Milk	Baked Sole Tacos with WW wraps (shredded cheese) Cabbage Salad (Shredded Red & Green Cabbage, broccoli, Carrots) Oranges Milk	Shredded chicken with orzo soup with peas, carrots and corn Steamed zucchini ½ WW Tuna wraps Nectarines Milk
Lunch vegetarian Alternative	Soya milk	Lemon Veggie Chicken (red peppers and carrots) Brown Rice Green Beans Honey dew Soya milk	Sloppy Joe (veggie beef) With Spinach & Mushrooms and tomato sauce Over Quinoa with butternut squash Pineapple Soya milk	Black Bean Taco (shredded cheese) with (Shredded Red & Green Cabbage, Carrots) Oranges Soya milk	Shredded tofu orzo soup with peas, carrots and corn Steamed Zucchini ½ WW Tuna wraps Nectarines Soya milk
PM Snack	½ WG Turkey and Cheese with Cherry Tomato Sandwich Water	Wow butter Apple slices Celery Sticks MG Melba Toast Water	Cheddar cheese cubes Green pepper sticks WG Triscuits Crackers Water	Plain Yogurt Peaches Rice Cake Crackers Water	Carrot Loaf Cheese cubes Green Grapes Water
PM Late Snack	Clementine's Water	½ apple Water	Mixed Fruit Slices Water	Digestive Cookies Water	½ Bananas Water


Fall/Winter Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Multigrain Cereal with milk Oranges	Apple Bran Bread ¼ Banana Milk	Oat, Flax Pancakes Mango Milk	Scrambled Eggs Multigrain Toast Milk	Homemade Banana muffins Clementine's Milk
Lunch	Minestrone Soup with vegetables (diced carrots, peas and corn) Asparagus ½ WW turkey wrap Nectarine Milk	Diced chicken casserole (diced chicken, red peppers, carrots) Brown Rice Brussel sprouts Pineapple Milk	Beef Chili with kidney beans with shredded cheese Barley With spinach Peaches Milk	 Whole Wheat Spaghetti with Chicken meat sauce, topped with Shredded Mozzarella Peas & Carrots Green Grapes Milk	Pollock Fish Patty with Quinoa Salad with orange and green pepper cubes Green Beans Cantaloupe Milk
Lunch Vegetarian Alternative	Minestrone Soup with vegetables (diced carrots, peas and corn) Asparagus ½ WW vegetarian turkey wrap Nectarine Soya milk	Diced vegetarian chicken casserole (diced chicken, red peppers, carrots) Brown Rice Brussel sprouts Pineapple Soya milk	Vegetarian Chili with kidney beans with shredded cheese Barley With spinach Peaches Soya milk	WW Pasta with Veggie Ground meat and Tomato sauce Shredded Mozzarella Peas & Carrots Green grapes Soya milk	Veggie chicken burger Quinoa Salad with orange and green pepper cubes Green Beans Cantaloupe Soya milk
PM Snack	Rainbow Tuna Salad WW Melba toast Apple slices Water	Tomato, Cucumber & Boccioni Salad with croissants Water	Strawberry Yogurt Graham Wafer Crackers Pine apple Water	Veggies (Cucumber/ green peppers/red pepper sticks with cheddar cheese cubes Rice Crackers Water	WOW Butter on WW bagels(½) Pear Slices Water
Late Snack	Graham wafer crackers Water	Orange Slices Water	Apple slices Water	Digestive cookies Water	Crackers Water

Fall/Winter WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	MG Cheerios with milk Apple Slices	Morning Glory Loaf Pineapple chunks Milk	Mini Omelets with Kate, Spinach and Arugula Milk	Oatmeal with Blueberries Milk	Sunflower Butter on WW English muffin ¼ banana Milk
Lunch	Macaroni and cheese Bean Medley Salad California Vegetable Mix (Broccoli, Cauliflower and Carrots) Red Grapes Milk	Sweet and Sour Meatballs Couscous with diced Cucumbers and Orange Peppers Edomome Beans Peaches Milk	 Greek Chicken Souvlaki bites Orzo Steamed Green and Yellow Cantaloupe Milk	Vegetable Barley soup ½ WW WOW Sandwiches Steamed Broccoli Clementines Milk	Pollock Fish Patty Brown Rice Red pepper sticks Peas Mango Milk
Lunch Vegetarian Alternative	Soya milk	Sweet and Sour Veggie Meatballs Couscous with diced Cucumbers and Orange Peppers Edomome Beans Peaches Soya milk	Veggie chicken nuggets with Orzo Green & Yellow Beans Cantaloupe Soya milk	Soya milk	Tofu with Brown Rice Red pepper sticks Peas Mango Soya milk
PM Snack	½ WW wrap Tuna Salad Oranges Water	Cheddar cheese cubes Cucumber sticks & Baby Carrots 8 grain crackers Water	Cottage Cheese with Strawberries Flax & Honey Crackers Water	Meatless Pasta Salad with Beans with diced Zucchini, peppers and tomatoes Water	Peach Yogurt High Fibre Granola Apple slice Water
Late Snack	Fish crackers Water	Clementine Water	Animal Cookies Water	½ Bananas Water	Digestive Cookies Water

Fall/Winter WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WW English muffins with WOW butter 1/4 Banana Milk	Croissants with cheddar cheese cubes Milk Melon	Scrambled eggs with WW Mini Pitas Clementine's Milk	Multigrain Cheerios cereal with milk Pears	WW French Toast Milk 1/4 banana
Lunch	Macaroni and Cheese Savory Black Beans Steamed Broccoli, Cauliflower and carrot Red Grapes Milk	Tomato Soup Quinoa 1/2 Chicken Wrap Green beans Oranges Milk	Turkey Chili Steamed Barley Broccoli Cantaloupe Milk	 Italian Chicken Cacciatore Whole Wheat Pasta Peas Baked Buttercup Squash Nectarines Milk	Pollock Fish Burger on a WW Bun Cabbage Slaw (shredded Red & Green Cabbage, broccoli, Carrots) Peas Mango Milk
Lunch Vegetarian Alternative	Soya milk	Tomato Soup 1/2 Vegetarian Wrap Quinoa Green beans Oranges Soya milk	Vegetarian Turkey Chili Steamed Barley Broccoli Cantaloupe Soya Milk	Tofu in cacciatore sauce WW Pasta Peas Baked Buttercup Squash Nectarines Soya milk	Baked Tofu with WW bun Cabbage Slaw Edamame Beans Pears Soya milk
PM Snack	Turkey Slices WW mini pitas Water Peaches	Bean Melody salad Celery sticks 8 grain crackers Water	Carrot & Bran Loaf with cottage cheese Red grapes Water	Apple sauce Sunflower Butter with MG Melba Toast Water	Yogurt Soda Crackers Apple slices Water
PM Late Snack	Graham Wafer crackers Water	Apples Water	Digestive cookies Water	Cucumber slices Water	1/2 Bananas Water

Updated: October 28, 2019