



# FAMILY by JW



## BREAKFAST

7.30am-11.30am | Beverage Included

2% milk | skim milk | chocolate milk | orange juice | apple juice

### BIG, STRONG & ACTIVE

#### Steel Cut Oatmeal | 9

orange cranberry streusel topping, berries | Fiber

#### One Egg Your Way | 12

Whole wheat toast, "We Be Jammin" strawberry jam, hash browns, side fresh fruit | Vitamin B-12

### ALL GROWN UP

#### Mini Omelet | 13 GF

Spinach, cheddar cheese, hash browns, side fresh fruit | Iron

#### Chocolate Chip or Blueberry Pancakes | 13

With your choice of blueberries, caramel chocolate, whipped butter, and maple syrup or nutella

### LOCAL ADVENTURER

#### Cage Free Scramble Eggs | 13 GF

3 year Balderson cheddar cheese, fresh fruit, hash browns | Protein

### NOT SO USUAL!

#### Hot Dawg! | 13

Chicken sausage, English muffin, cheddar cheese, cage free scrambled eggs, hash browns, side fresh fruit | Protein

#### Cage Free Scrambled Eggs | 13

Hash browns, side fresh fruit | Protein

DF | DAIRY-FREE  
GF | GLUTEN-FREE

Please notify your server of any allergies.



JW MARRIOTT

JW Marriott The Rosseau Muskoka Resort & Spa  
1050 Paignton House Road, Minett, Muskoka Lakes, Ontario, Canada, P0B 1G0  
705-765-1900

## LUNCH OR DINNER

11.30 am - 10.00 pm | Beverage Included

2% milk | skim milk | chocolate milk | orange juice | apple juice



### BIG, STRONG & ACTIVE

#### Grilled Chicken Breast | 14 GF DF

Brown rice, broccoli | Protein, Iron

#### Grilled Cheese | 12

Texas white bread, aged cheddar cheese | Protein

### ALL GROWN UP

#### Chicken Soup | 7 DF

Macaroni, chicken, garlic bread

#### Pan Seared Salmon | 14 GF DF

Brown rice, vegetable of the day | Protein, Iron

### LOCAL ADVENTURER

#### Vegetable Burger | 13

Lettuce, sweet potato fries | Protein, Iron

#### Chicken Fingers | 13

French fries, plum sauce | Protein

### NOT SO USUAL!

#### Mac & Cheese | 12

Side of broccoli | Vitamin C

#### Penne with Tomato Sauce | 11

Beef meatballs / parmesan

## SWEET TREATS

#### JW Junior Sized Mini Cheesecakes | 7

Berries

#### Ice Cream Sandwich | 7

Oatmeal cookies, vanilla ice cream

#### Two Scoops of Ice Cream | 7 GF

Vanilla, chocolate ice cream, berries



## SMOOTH OPERATOR

#### Smoothie of the Day | 9 GF

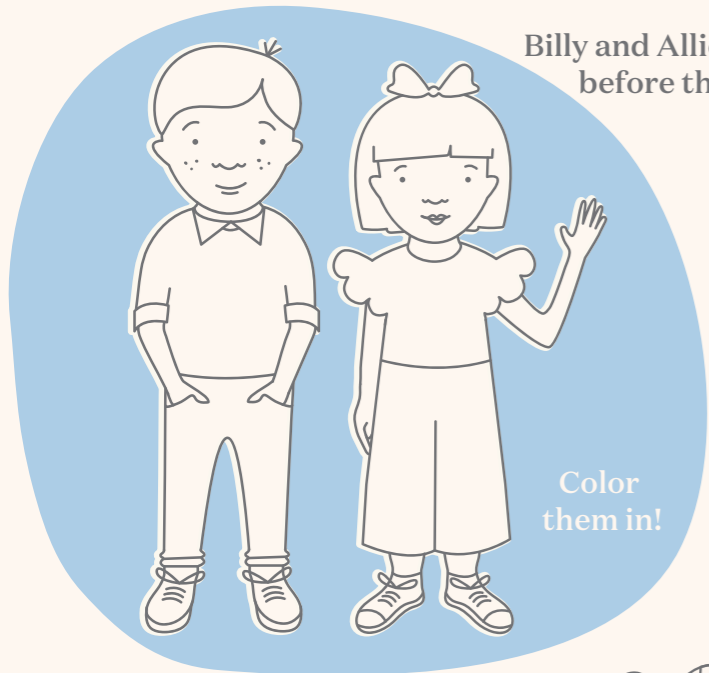
As crafted daily yogurt, fruit

## BIG SQUEEZE

#### Berry Greens | 9 DF

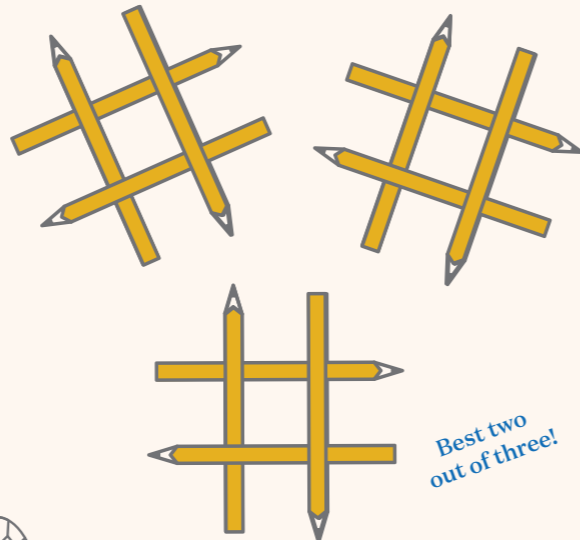
Strawberries, cucumbers and apples | Vitamin A, Vitamin C





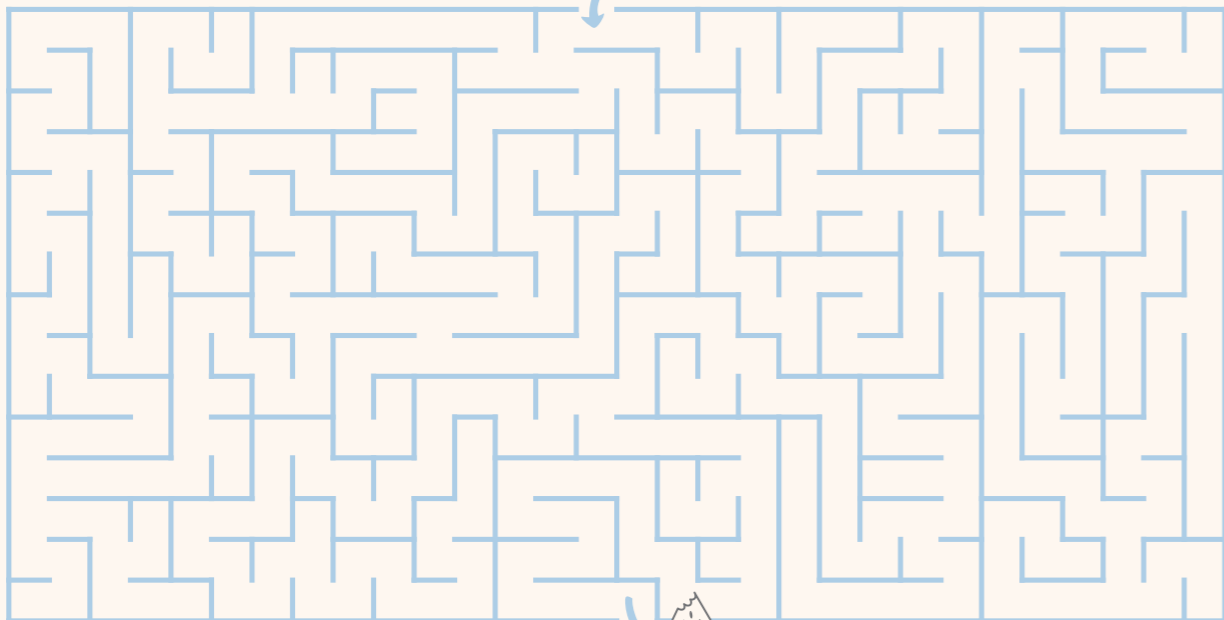
Billy and Allie like to color and play games before they eat. Do you want to play, too?

Color them in!



Best two out of three!

Help the turtle find her snack.



Can you match each nutrition clue to the food it describes?

- a This brightly-colored root has Vitamin A to help you see!
- b This food is full of B Vitamins to give you energy to play!
- c This tasty fruit has tons of Vitamin C to keep you healthy!
- d The Vitamin D in this drink helps keep your bones strong!



Answers: A4, B1, C3, D2



How many foods can you draw using these shapes?

Here's an example:



### A RIDICULOUS RECIPE

Fill in the blanks with the right part of speech to invent a silly recipe all your own.

Heat \_\_\_\_\_ in a/n \_\_\_\_\_ .  
(noun) (object)

Add \_\_\_\_\_ and \_\_\_\_\_ until \_\_\_\_\_ and a little \_\_\_\_\_ .  
(flavor) (verb) (adjective) (adjective)

Now add \_\_\_\_\_ and swirl them all around.  
(plural noun)

Keep \_\_\_\_\_ -ing!  
(verb)

Once the \_\_\_\_\_ are cooked, stir in the \_\_\_\_\_ .  
(plural noun) (adjective) (plural noun)

Serve in a/n \_\_\_\_\_ and don't forget to garnish with \_\_\_\_\_ !  
(container) (silly object)

