

FOOD MENU - WEEK 1					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK - AM SERVED WITH MILK	Whole-wheat Bagels Cream Cheese Fresh Fruit	Scrambled Eggs Fresh Fruit or smoothie	Homemade Berry Muffins Fresh Fruit	Yogurt Fresh Fruit	Cantalope and crackers Fresh fruit or smoothie
<b>DIRECTOR SPECIAL</b>					
LUNCH SERVED WITH WATER	Homemade Macaroni and Cheese with Veggies	Homemade Baked Chicken brown Rice Steamed Vegetables	Tuna Sandwiches on Whole Wheat Bread Steamed Brocoli	Chicken and Cheese filled Whole wheat Quesadillas Steamed Carrots and Celery	Butter chicken Naan bread
SNACK - PM SERVED WITH WATER	Rice Cakes Fresh Fruit with Apple Sauce	Toasted English Muffins Cream Cheese & Fresh Fruit	Whole-Wheat Crackers and Cheese with Fresh Fruit	Veggies Wholegrain Crackers Yogurt Dip	Apple Raisins and Cheese

FOOD MENU - WEEK 2					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK - AM SERVED WITH MILK	Oat Meal Fresh Fruit	French Toasts Fresh Fruit	Homemade Banana Loaf Fresh Fruit	Homemade Blueberry Muffins Fresh Fruit	Yogurt Fresh fruit
<b>DIRECTOR SPECIAL</b>					
LUNCH SERVED WITH WATER	Homemade Chicken and Vegetable Soup with Toast	Chilli Whole Wheat Buns Steamed Vegetables	Hamburger Vegetable Stew Brown Rice	Whole wheat Pita Pizza Tomato Vegetable sauce	Red Kidney Beans Curry Brown Rice Veggies
SNACK - PM SERVED WITH WATER	Veggies and Hummus Dip Wholegrain Crackers	Homemade Cinnamon Raisin Scones Fresh Fruit	Whole-Wheat Beagels with Cream Cheese Fresh Fruit	Pretzels and cheese Fresh cucumbers and peppers	Wholegrain Crackers Carrot sticks

- \* Four Seasons Fruit Log: Apple, Banana, Strawberry, Blueberry, Raspberry, Peaches, Grapes, Pears, Cantaloupe.
- \* Age appropriate meal: Infants and toddlers will be offered the same meal as developmentally appropriate
- \* Special dietary requirements: If a child has a special dietary requirement, the meal will be determined and served in consultation with parents
- \* Cereal, snack mix, milk and fresh fruit is always available for early arrivals or late afternoon pick-ups.

FOOD MENU - WEEK 3					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK - AM SERVED WITH MILK	Bananas and Apples with Yogurt	Melon Toasted English Muffins	Whole-wheat Bagels Cream cheese Yogurt, Fresh berries	Boiled Eggs Fresh Fruit or smoothie Veggies	Avacodo Egg Sandwich Brown Bread
<b>DIRECTOR SPECIAL</b>					
LUNCH SERVED WITH WATER	Spagetti with Meatballs and Pasta Sauce	Chicken Breast Whole Wheat Bread Egg Salad	Baked Fish Brown Rice Steamed Vegetables	Minced Chicken or Beef with sauce Roasted or Mashed Potatoes Chicken strips	Chicken Burger with Veggies
SNACK - PM SERVED WITH WATER	Rice cakes Fresh Fruit or smoothie	Homemade Brownies	Whole Grain Crackers With Hummus Dip	Homemade Wedges with Salsa	Tortilla Rolls Carrots and Cucumbers

FOOD MENU - WEEK 4					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK - AM SERVED WITH MILK	Fruit Mix Yogurt	Peaches Baby Cookies	Oatmeal Apple Slices	Apple, Strawberry, Banana & Raisins	Homemade special Muffins Fresh fruit
<b>DIRECTOR SPECIAL</b>					
LUNCH SERVED WITH WATER	Penne Chicken Pasta Cheese and Salad	Homemade Daal and Vegetable Soup Brown Rice or Naan Bread	Panner (Tofu) and Egg fried Rice	Black Bean, Diced Pepper and Cheese Quesadilla Cucumber sticks	Tandoori Chicken Naan bread
SNACK - PM SERVED WITH WATER	Veggies, Yogurt Wholegrain Crackers	Homemade Oatmeal Cookies	Cheese sticks Fish Fingers	Homemade Granola Fresh Fruit	Whole Grain Crackers with Cheese Fresh Fruit

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