

DELICIOUS, HOMEMADE AND NUTRITIOUS FOOD

TODDLER'S FOOD MENU - WEEK 1					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL AND MILK	TOAST WITH SMOOTHIE	BANANAS AND YOGHURT	CEREAL WITH BLUBERRIES AND MILK	TOAST WITH BUTTER
SNACK - AM	OAT MEAL AND BANANAS	BANANAS AND YOGHURT	BLUEBERRY MUFFINS	HOME MADE BANANA BREAD	PANCAKE WITH FRUIT SMOOTHIE
LUNCH	BROWN PASTA WITH VEGGIES	BROWN RICE WITH CHICKEN	CHICKEN AND CHEESE QUESADILLAS	SCRAMBLED EGGS AND TOASTS	GRILLED CHEESE WITH BOILED CARROTS
SNACK - PM	PEACHES WITH BABY COOKIES	RICE CAKE WITH APPLE SAUCE	PITA BREAD WITH HUMMUS	BAGELS WITH CREAM CHEESE	GRAPES CHEESE AND CRACKERS

TODDLER'S FOOD MENU - WEEK 2					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	TOAST WITH CREAM CHEESE	CEREAL WITH MILK	TOAST WITH FRUIT	CEREAL WITH MILK	TOAST WITH FRUIT
SNACK - AM	HOMEMADE BRAN MUFFINS	BLUEBERRY AND STRAWBERRIES WITH YOGHURT	WAFFLES WITH BANANAS	HOME MADE GRANOLA BAR	APPLE AND MASHED BANANAS
LUNCH	COUSCOUS WITH VEGGIES AND CHICKEN	TURKEY WITH MASHED SWEET POTATOES	BEEF STEW WITH VEGGIES	CHICKEN SOUP WITH TOAST	HOME MADE CHEESE AND CHICKEN PIZZA
SNACK - PM	MASHED CANTALOUPE WITH CRACKERS	BANANAS WITH YOGURT	APPLE CRACKERS AND RAISINS	BLUEBERRIES AND YOGHURT	HOME MADE MUFFINS WITH FRUIT

Special dietary requirements: If a child has a special dietary requirement, the meal will be determined and served in consultation with parents

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TODDLERS FOOD MENU - WEEK 3					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL AND MILK	TOAST WITH FRUIT	CEREAL WITH SMOOTHIE	TOAST WITH CREAM CHEESE	CEREAL WITH MILK
SNACK - AM	PANCAKE WITH FRUIT SMOOTHIE	HOME MADE BANANA BREAD	BLUEBERRY MUFFINS	BANANAS AND YOGHURT	OATMEAL WITH BANANAS
LUNCH	GRILLED CHEESE SANDWICH WITH BOILED VEGGIES	FULLY COOKED EGGS WITH TOASTS	CHICKEN AND CHEESE QUESADILLAS	BROWN RICE WITH CHICKEN	BROWN PASTA WITH VEGGIES WITH CHICKEN
SNACK - PM	GRAPES CHEESE AND CRACKERS	BAGEL WITH CREAM CHEESE	PITA BREAD WITH HUMMUS	RICE CAKE AND APPLE SAUCE	PEACHES AND BABY COOKIES

TODDLERS FOOD MENU - WEEK 4					
DAILY MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	TOAST WITH CREAM CHEESE	CEREAL WITH MILK	TOAST WITH FRUIT	CEREAL WITH MILK	TOAST WITH FRUIT
SNACK - AM	APPLES AND MASHED BANANAS	HOME MADE GRANOLA BAR	WAFFLES WITH BLUEBERRIES	BERRIES WITH YOGHURT	BRAN MUFFINS
LUNCH	HOME MADE CHEESE AND CHICKEN PIZZA	CHICKEN NOODLE SOUP WITH TOAST	VEGETABLES STEW WITH CHICKEN	TURKEY WITH MASHED SWEET POTATOES	COUSCOUS WITH VEGGIES AND CHIKEN
SNACK - PM	MUFFINS WITH FRUIT	BLUEBERRIES AND YOGHURT	APPLE CRACKERS AND RAISINS	CANTALOUPE AND CRACKERS	MASHED VEGGIES AND CHICKEN

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