

Daycare center Winter menu

From: January 3rd to January 28th 2022



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Daycare name:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
Week 1	3	4	5	6	7
Lunch	Chicken & noodle soup 1/2 wholewheat bread rolls	Potato & lentils curry stew Served with rice	Meat sauce spaghetti Vegetable of the day	Spinach & cheese quiche Served with crudités	Beef chunky stew with roots vegetables
Vegetarian	Chick peas & noodle soup 1/2 wholewheat bread rolls	Potato & lentils curry stew Served with rice	Ground tofu sauce spaghetti Vegetable of the day	Spinach & cheese quiche Served with crudités	Bean chunky stew with roots vegetables
Vegan	Chick peas & noodle soup 1/2 wholewheat bread rolls	Potato & lentils curry stew, served with rice	ground tofu sauce spaghetti Vegetable of the day	Spinach vegan quiche Served with crudités	Bean chunky stew with roots vegetables
Dessert	Strawberry/apple sauce	Fresh fruits	Minigo	Fresh fruits	Fruit yogurt
PM Snack	Cucumber & Tzatziki	Wholewheat toast and jam	Pita & creamy hummus	Crackers & cheese	Corn bread
Week 2	10	11	12	13	14
Lunch	Mediterranean eggplant and chick peas stew served with couscous	Chicken alfredo pasta with spinach	Mexican beef rice with With corn & vegetables	Cream of vegetables with white bean soup with 1/4 flatbread	Turkey Meat loaf with mashed potatoes & carrots rings
Vegetarian	Mediterranean eggplant and chick peas stew served with couscous	Alfredo pasta with spinach	Mexican black bean rice With corn & vegetables	Cream of vegetables with white bean soup with 1/4 flatbread	Vegan patty with mashed potatoes & carrots rings
Vegan	Eggplant & chick peas stew served with couscous	Vegan alfredo pasta with spinach	Mexican black bean rice With corn & vegetables	Cream of veggies & white bean with 1/4 flatbread	Vegan patty with mashed potatoes & carrots
Dessert	Apple sauce	Fresh fruits	Yogurt Tubes	Fresh fruits	Fruit yogurt
PM Snack	Crudités & ceasar dressing	Crackers & cheese	Blueberry Muffin	Wholegrain cereal	Half bagel & cream cheese
Week 3	17	18	19	20	21
Lunch	Lentils & vegetable soup With premium crackers	Cheese burger pasta Vegetables of the day	Thai rice with chicken Chop suey & pepper	Duo cheese pizza served with crudités	Meat lasagnette with bechamel sauce
Vegetarian	Lentils & vegetable soup With premium crackers	Vegan cheese burger pasta Vegetables of the day	Thai rice with tofu Chop suey & pepper	Duo cheese pizza served with crudités	Ground tofu lasagnette with bechamel sauce
Vegan	Lentils & vegetable soup With premium crackers	Macaroni & vegan cheese with broccoli	Thai rice with tofu Chop suey & pepper	Vegan Cheese pizza served with crudités	Ground tofu lasagnette with bechamel sauce
Dessert	Peach / Apple sauce	Fresh fruits	Minigo	Fresh fruits	Fruit yogurt
PM Snack	Cucumber & tuna dip	Crackers & cheese	Oatmeal & raisins galette	Trailmix	Rice cake & jam
Week 4	24	25	26	27	28
Lunch	Carrots & potato soup With grilled cheese	Macaroni & cheese with broccoli	Beef chili Served with tortillas	Creamy salmon pasta & vegetables of the day	Turkey swedish meatballs Rice & vegetables
Vegetarian	Carrots & potato soup With grilled cheese	Macaroni & cheese with broccoli	Three beans chili Served with tortillas	Creamy salmon pasta & vegetables of the day	Vegan swedish balls Rice & vegetables
Vegan	Carrots & potato soup With grilled cheese	Macaroni & vegan cheese with broccoli	Three beans chili Served with tortillas	Chick peas pasta Served with rice & vegetables	Vegan swedish balls Rice & vegetables
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Yogurt Tubes
PM Snack	Crackers & cheese	English muffin & wow butter	Banana cake	Raisins bread	Wholegrain cereal



To ensure that children eat healthy, our healthy menu has been critical analyzed by certified Dietitian/ Nutritionists in accordance with Canada Food Guidelines

Our facility is nut free, we do not serve pork and seafood dishes

Vegetarian and Allergen substitute meals are available upon request

Baby purée available upon request

Individual packaging lunch box available for outside activities