

Daycare center Summer menu - SUMMER

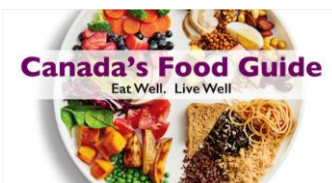
From: June 20th to July 15th 2022

Daycare name:



Traiteur Evoosanté inc
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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
Week 1	20	21	22	23	24
Lunch	Ground beef rice with raisin, parsley & veggies	Chicken penne vegetables & tomato sauce	Three cheese Pizza Served with crudités	Ground beef & cheese sandwich Served with crudités	Closed
Vegetarian	lentils rice with raisin, parsley & veggies	Penne with chick peas vegetables & tomato sauce	Three cheese Pizza Served with crudités	Minced tofu & cheese sandwich Served with crudités	
Vegan	<i>Lentils rice with raisin, parsley & veggies</i>	<i>Penne with chick peas vegetables & tomato sauce</i>	<i>Vegan cheese Pizza Served with crudités</i>	Minced tofu & cheese sandwich Served with crudités	
Dessert	Apple sauce	Fruits yogurt	Fruits yogurt	Fresh fruits	
PM Snack	Naan bread & hummus	Rice cake	Wholegrain crackers & cheese	Wholegrains cereal	
Week 2	27	28	29	30	1
Lunch	Cream of vegetable & Half grilled cheese Wholegrain bread	Beef stew & white rice	Turkey & cheese wrap Served with crudités	Vegetarian couscous with corn & peas vegetables	Closed
Vegetarian	Cream of vegetable & Half grilled cheese Wholegrain bread	Bean stew & white rice	Vegetables & cheese wrap Served with crudités	Vegetarian couscous with corn & peas vegetables	
Vegan	<i>Cream of vegetable & Half grilled cheese</i>	Bean stew & white rice	<i>Vegetables & vegan cheese Served with crudités</i>	Vegetarian couscous with corn & peas	
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	
PM Snack	Cucumber & ceasar dip	Melba toast & wow butter	Bagel & cream cheese	Trail mix	
Week 3	4	5	6	7	8
Lunch	Red lentils dhal with naan bread	Singapore noodles with chicken, vegetables & curry & soy sauce	Tuna sandwich Served with crudités	Meat sauce spaghetti Vegetable of the day	Chicken salad Sandwich Served with crudités
Vegetarian	Red lentils dhal with naan bread	Singapore noodles with tofu, vegetables & curry & soy sauce	Tuna sandwich Served with crudités	Spaghetti minced tofu sauce Vegetable of the day	Smashed white bean salad Sandwich, served with crudités
Vegan	<i>Red lentils dhal with naan bread</i>	<i>Singapore noodles with tofu, vegetables &</i>	<i>Veggies & vegan cheese sandwich</i>	<i>Spaghetti minced tofu sauce Vegetable of the day</i>	<i>Smashed white bean salad Sandwich, served with crudités</i>
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Mini crepes & Corn syrup	Pita & tzatziki	Crackers & cheese	Mini croissant & wow butter	Rice cake
Week 4	11	12	13	14	15
Lunch	Sweet & sour chicken Served with rice	Farfalle, edamame beans herbs, black olive & tomato sauce	Ground beef & cheese sandwich Served with crudités	Chicken Alfredo with spinach	Turkey & cheese wrap Served with crudités
Vegetarian	Sweet & sour tofu Served with rice	Farfalle, edamame beans herbs, black olive & tomato sauce	Minced tofu & cheese sandwich Served with crudités	Vegan Alfredo sauce pasta with spinach	Vegetables & cheese wrap Served with crudités
Vegan	<i>Sweet & sour tofu Served with rice</i>	<i>Farfalle, edamame beans herbs, black olive,</i>	<i>Minced tofu & cheese sandwich Served with crudités</i>	<i>Vegan Alfredo sauce pasta with spinach</i>	<i>Vegetables & vegan cheese Served with crudités</i>
Dessert	Pear / apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Multigrains tortillas & bean dip	Raisins bread	Vegetables crackers & cheese	English muffin & wow butter	Wholegrains 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