

Child Care Menu 2023

Day	1	2	3	4	5
AM Snack	Corn flakes	fruit yogurt	Egg soda cracker	Chocolate-banana cookie	Strawberry Muslix
Lunch	Beef Macaroni (T)	Vegetables quiche Creamy Coleslaw	Paella with chicken (C) Saffron rice (S)	Beef with vegetables (C) Mashed potato (S)	Chicken curry stir-fry (C) Madras rice (S)
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Apple compote and berries Shortbread	Hummus Naan bread	Strawberry health bar	pita bread Yogurt dip	Carrot and Orange Cupcake
Day	6	7	8	9	10
AM Snack	Cheerios	fruit smoothie	Cream cheese bagels	Apple and pear compote Rice cracker	cherry muslix
Lunch	Chicken Supreme (C) Rice (S)	Neapolitan Meatballs (C) Rotini (S)	Chicken pot pie Creamy Coleslaw	Tex-Mex Chili (T) Tortillas	Two cheeses and vegetables Macaroni
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Fruit crumble	Cheese brown bread	Raw vegetables Herb dip	Spinach Dip Naan bread	Pineapple-coconut cupcakes
Day	11	12	13	14	15
AM Snack	Corn flakes	fruit yogurt	Egg soda cracker	Chocolate-banana cookie	raspberry muslix
Lunch	Asian beef stir-fry (C) Rice (S)	Provençale Quiche Green salad and Italian vinaigrette	Romaine Chicken (C) Cavatappi (S)	Shepherd's Pie	Vegetarian Alfredo (C) Fusilli (S)
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Apple compote and berries Shortbread	Hummus Naan bread	Strawberry health bar	pita bread Yogurt dip	Lemon and blueberry cupcake
Day	16	17	18	19	20
AM Snack	Cheerios	fruit smoothie	Cream cheese bagels	Apple and pear compote Rice cracker	blueberry muslix
Lunch	Penne (S) Bolognese sauce (C)	Chicken noodle soup (T) Melba cracker	Tilapia fillet with lemon sauce (S) Rice with vegetables (C)	Oriental meatballs (C) Couscous (S)	Multicultural special of the month
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Apple and cinnamon crumble	Cheese brown bread	Avocado Dip Tortilla	Spinach Dip Naan bread	Tofu brownies

The AM Snack is delivered the previous day

(S) = simple, use the green scoop for one portion

(C) = combined, use the ladle for one portion

(T) = trio, use the green scoop and the ladle for one portion