

# Early Learning Centre - Winter Menu -Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Milk, Cereal & Fresh Fruit	Milk, Raisin Bread, Apple Butter & Fresh Fruit	Milk, W.W. Crackers, Unsweetened Jam & Fresh Fruit	Milk, Cereal and Fresh Fruit	Milk, W.W. Mini Bagels, Cream Cheese & Fresh Fruit
<b>Lunch (Milk served daily)</b>	Chana Masala Brown Basmati Rice Steamed Broccoli	Chicken Noodle Soup Cream Cheese on Carrot Zucchini Bread Cucumber Slices and Baby Carrots (steamed carrots)	Breaded Sole Quinoa Carrot Coins	Sloppy Joe's W.W. Dinner Rolls Shredded Cheese Baby Carrots and Pepper Sticks (steamed carrots)	Macaroni and Cheese Three Bean Salad (steamed green beans)
<b>(Infant Substitute)</b>					
Grain/Bread/Pasta	Brown Basmati Rice	Carrot Zucchini Bread	Quinoa	W.W. Dinner Rolls	Elbow Macaroni
<u>Protein</u> (Protein substitute for children who cannot have above protein)	Chickpeas	Chicken Breasts (veggie noodle soup with tofu)	Sole (falafel)	Extra Lean Ground Beef (tofu sloppy Joe's)	Red Kidney Beans, Chick Peas, Cannellini Beans
<u>Vegetables</u>	sweet potatoes, squash, onions, broccoli	cucumber, carrots, celery, onions	carrots	onions, green peppers, red peppers, carrots	celery, red and yellow peppers, green onions
<b>Afternoon Snack</b> Organic apple juice and water are offered (Snack substitute)	Macintosh Apple Loaf, Fresh Melon (egg and dairy free loaf)	Graham Crackers, Wow Butter, Bananas (gf graham crackers)	Whole Grain Tortilla Chips, Salsa, Marble Cheese (applesauce)	Plain Organic Yogurt, Homemade Granola, Fresh Mixed Fruit (Daiya Greek yogurt)	Veggie Sticks, W.W. Crackers, Homemade Ranch Dip
<b>Late Afternoon Snack</b>	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room

# Early Learning Centre - Winter Menu - Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Milk, Cereal & Fresh Fruit	Milk, Raisin Bread, Apple Butter & Fresh Fruit	Milk, W.W. Crackers, Unsweetened Jam & Fresh Fruit	Milk, Cereal & Fresh Fruit	Milk, W.W. Mini Bagels, Cream Cheese & Fresh Fruit
<b>Lunch</b> (Milk served daily)	BBQ Chicken with Roasted Fingerling Potatoes Corn	Red Lentil and Sweet Potato Soup with Cream Cheese on W.W. Pita Bread Cucumbers and Cherry Tomatoes	Broccoli Tofu Stir Fry Quinoa	Veggie Chili Brown Basmati Rice Shredded Cheese (same as above)	Penne Pasta with Roasted Chicken in Creamy Tomato Sauce Garden Salad (steamed zucchini)
<b>(Infant Substitute)</b>					
Grain/Bread/Pasta	W.W. Dinner Rolls	W.W. Pita Bread	Organic Quinoa	Brown Basmati Rice	Penne Pasta
Protein (Protein substitute for children who cannot have above protein)	Chicken Thighs (BBQ tofu)	Red Lentils (soy butter)	Fresh Tofu	Mixed Beans	Chicken Breasts (white beans)
Vegetables	Fingerling potatoes, corn	red peppers, sweet potatoes, onions, cucumbers, cherry tomatoes	broccoli, green onions	green and red peppers, tomatoes, onions, mushrooms	onions, tomatoes, romaine lettuce, cucumbers
<b>Afternoon Snack</b> Organic apple juice and water are offered (Snack substitute)	Pumpkin Spice Muffins Fresh Pineapple (wheat and egg free muffins)	Marble Cheese, Homemade Trail Mix, Gala Apples (gf crackers)	Berry Banana Smoothies, Graham Crackers (df smoothies and gf graham crackers)	Veggie Sticks, Mini W.W. Pita, Homemade Spinach Dip (salsa and gf crackers)	Multigrain Breton Crackers, Unsweetened Jam, Oranges/Clementines
<b>Late Afternoon Snack</b>	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room

# Early Learning Centre - Winter Menu - Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Milk, Cereal & Fresh Fruit	Milk, Raisin Bread, Apple Butter & Fresh Fruit	Milk, W.W. Crackers, Unsweetened Jam & Fresh Fruit	Milk, Cereal & Fresh Fruit	Milk, W.W. Mini Bagels, Cream Cheese & Fresh Fruit
<b>Lunch</b> (Milk served daily)  (Infant Substitute)	Beef Taco's with W.W. Tortilla Wraps Shredded Cheese Lettuce and Tomatoes Sour Cream	Minestrone Soup Tuna Salad on W.W. Bagels	Greek Chicken with Quinoa Greek Salad Tzatziki Sauce (steamed broccoli)	Shepherd's Pie Mixed Vegetables	Chicken Penne Alfredo Steamed Green Beans
<u>Grain/Bread/Pasta</u>	W.W. Tortilla Wraps	W.W. Bagels	Organic Quinoa	Pie Crust	Penne Pasta
<u>Protein</u> (Protein substitute for children who cannot have above protein)	Extra Lean Ground Beef (pinto bean and veggie taco's)	Mixed Beans and Tuna	Chicken Thighs (Greek marinated tofu)	Extra Lean Ground Beef (ground tofu)	Chicken Breasts (tofu "chicken" fettuccine alfredo)
<u>Vegetables</u>	green peppers, red peppers, onions, iceberg lettuce, tomatoes	carrots, onions, celery, tomatoes, green beans, peas, corn	romaine lettuce, cucumbers, tomatoes	onions, mushrooms, peas, carrots, corn	green beans
<b>Afternoon Snack</b> Organic apple juice and water are offered (Snack substitute)	Oatmeal Raisin Bars, Oranges/Clementines (wheat, egg and dairy free muffins)	Mini Blueberry Pita's, Wow Butter, Bananas (gf graham crackers)	Veggie Sticks, Multigrain Breton Crackers, Homemade Ranch Dip	Plain Organic Yogurt, Homemade Granola, Fresh Melon (Daiya Greek yogurt)	Whole Grain Tortilla Chips, Salsa, Marble Cheese (applesauce)
<b>Late Afternoon Snack</b>	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in room

# Early Learning Centre - Winter Menu - Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Milk, Cereal & Fresh Fruit	Milk, Raisin Bread, Apple Butter & Fresh Fruit	Milk, W.W. Crackers, Unsweetened Jam & Fresh Fruit	Milk, Cereal & Fresh Fruit	Milk, W.W. Mini Bagels, Cream Cheese & Fresh Fruit
<b>Lunch</b> (Milk served daily)  (Infant Substitute)	Lentil Stew W.W. Dinner Rolls	Leek & Potato Soup Tuna Salad on W.W. Pita Bread Cucumber and Red Pepper Sticks (peeled cucumbers)	Chicken Teriyaki with Stir Fry Veggies Brown Basmati Rice	Veggie Pizza with Veggie Ground Tofu Baby Carrots and Celery Sticks (steamed carrots)	Scooby Doo Pasta with Meat Sauce Garden Salad (steamed peas)
<u>Grain/Bread/Pasta</u>	W.W. Dinner Rolls	W.W. Pita Bread	Brown Basmati Rice	Pizza Crust	Scooby Doo Pasta
<u>Protein</u> (Protein substitute for children who cannot have above protein)	Red Lentils	Tuna (pea butter)	Chicken Breasts (ground "chicken" tofu)	Veggie Ground Tofu (dairy free pizza)	Extra Lean Ground Beef (ground tofu tomato sauce)
<u>Vegetables</u>	carrots, onions, celery, potatoes, butternut squash	potatoes, leeks, green peppers, red peppers, cucumbers	broccoli, carrots, mushrooms, green beans, red peppers	zucchini, mushrooms, onions, peppers, carrots, celery	mushrooms, onions, romaine lettuce, cucumbers, tomatoes
<b>Afternoon Snack</b> Organic apple juice and water (Snack substitute)	Lemon Blueberry Loaf Oranges/Clementines (wheat, egg and dairy free loaf)	Marble Cheese, Ritz Crackers, Gala Apples (gf crackers, Daiya yogurt)	Veggie Sticks, Mini W.W. Pita, Homemade Spinach Dip (wow butter)	Strawberry Banana Yogurt Smoothies, Graham Crackers (dairy free fruit smoothies)	Brown Rice Cakes, Apple Butter, Pear Slices
<b>Late Afternoon Snack</b>	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room	Whole grain crackers, water, milk and juice are available in the room