

Spring & Summer Menu 2023 (April to September)

Children aged 0-20 months receive 3% milk and children aged 20 months and up are served 2% milk unless substitutions are required. Times are estimated based on room routines. Menu items are separated as much as possible to allow child choices for menu items instead of mixing it all together. Substitution examples are listed below with some examples of what we use.

Dairy Allergy Substitute (oat/rice/soy/coconut milk, Daiya cheese and dips, oat yogurt, dairy free crackers)

Meat Substitute (tofu, ground round, TVP-Textured Vegetable Protein, tin fish, beans, lentils veggie round, veggie "ham")

Gluten Allergy Substitute (Chex cereal, rice crackers, gluten free crackers, breads, buns, wraps, rice pasta)

Egg Allergy Substitute (Vegan liquid "eggs" premade "egg bakes", powdered egg substitute, wow butter spread, rice pasta)

Soy Substitute (Soy free crackers, bars, ground meats, dips)

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am- 9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip Water	<u>Bars & Fruit</u> Cereal/Granola Bars Seasonal Fruit Water	<u>Fruit & Crackers</u> Tinned Fruit Sweet Crackers Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Vegetarian Quiche & Fruit</u> Eggs Diced Peppers & Onions Shredded Cheese Pastry Cup Shell Ketchup Seasonal Fruit Milk & Water	<u>BBQ Chicken Sliders & Vegetable Sticks</u> Hamburger Buns Shredded Chicken Breast BBQ Sauce Shredded Cheese Seasonal Vegetables Variety Dips Milk & Water	<u>Beef & Broccoli Rice</u> Ground Beef Fresh/Frozen Broccoli White Rice Beef & Broccoli Sauce Sweet Asia Cookie/ Rice Crackers Milk & Water	<u>Pork & Apple Toasties With Vegetables</u> Ground Pork Shredded Apples Bread Slices Shredded Cheese Variety Dips Milk & Water	<u>Turkey Rotini</u> Ground Turkey Rotini Pasta Frozen Mixed Vegetables Variety Dips Milk & Water
Pm Snack 2:30-3:15pm	<u>Rice Cakes & Veggie Dippers</u> Variety Rice Cakes Seasonal Vegetables Variety Dip Water	<u>Ham & Cheddars</u> Ham Cubes Cheddar Crackers Water	<u>Peaches & Cream Dippers</u> Tin Peaches Whipped Topping Sweet Crackers Water	<u>Sorbet & Scrolls</u> Strawberry Cream Cheese White Tortillas Frozen Sorbet Water	<u>Tuna Toppers</u> Tin Tuna Mayo Diced Celery/Cucumber Salt & Pepper Soda Crackers Water

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am- 9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Fruit, Cheese & Crackers</u> Dried Fruit (Pieces/Leather) Cheese Cubes Sweet Crackers Water	<u>Wow Butter & Apple Wraps</u> Tortillas Apple Slices Wow Butter Water	<u>Applesauce Dippers</u> Tinned Applesauce Sweet Crackers Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Eggs & Toast With Fruit</u> Eggs Bread Slices Butter/Margarine Seasonal Fruit Milk & Water	<u>Crunchy Chicken Caesar Salad Sandwiches & Turkey Bacon</u> Shredded Chicken Romaine Lettuce Caesar Dressing Hamburger Buns Crutons (Side) Turkey Bacon Milk & Water	<u>Homemade Hamburger Helper & Veggies</u> Ground Beef Tomato Paste Tomato Sauce Beef Stock Cream Seasonal Vegetables Egg Noodles Milk & Water	<u>Spring Roll in a Bowl & Fruit</u> Ground Pork Coleslaw Salad (Cooked Cauliflower Younger Rooms) Won Ton Crisps Soya Sauce (Side) Baby Corn Water Chestnuts Seasonal Fruit Milk & Water	<u>Salmon Balls Or Burgers With Green/Yellow Beans</u> Tinned Salmon Mashed Potato/ Buns Breadcrumbs Egg Wash Variety Seasonings Tin/Frozen Green & Yellow Beans Ketchup Dill Dip Milk & Water
Pm Snack 2:30-3:15pm	<u>Savory Scones With Veggies & Dip</u> Bisquick Mix Shredded Cheese Garlic Seasoning Margarine Seasonal Vegetables Variety Dip Water	<u>Pizza Crackers</u> Soda Crackers Tomato Sauce Mozzarella Shreds Water	<u>Rice Cereal Treats & Fruit</u> Rice Cereal Marshmallows Butter Seasonal Fruit Water	<u>Ham & Cheddars</u> Ham Cubes Cheddar Crackers Water	<u>Smoothie & Breadsticks</u> Frozen Fruit Frozen Yogurt Milk/Juice Breadsticks Water

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am- 9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip Water	<u>Oatmeal & Fruit</u> Oatmeal Pouches Seasonal Fruit Water	<u>Wow Butter & Apple Wraps</u> Tortillas Wow Butter Apple Slices Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Vegetarian Taco Bowls</u> TVP Taco Seasoning Lettuce (Cooked Veg For Younger Rooms) Tomatoes Tortilla Chips/Soft Tortillas Salsa Dip (Side) Shredded Cheese Milk & Water	<u>Chicken Souvlaki, Pita, Orzo & Greek Salad With Cucumbers</u> Chicken Chunks Souvlaki Sauce (Side) Pita Chunks Orzo Cucumber Slices Olives Feta Crumbles Milk & Water	<u>Meatball Sub Sandwiches</u> Hot Dog Buns Beef Meatballs Tomato Sauce Seasonal Vegetables Variety Dip Milk & Water	<u>Pancakes, Sausage & Oranges</u> Pancake Mix Pork Sausage Pieces Oranges/Seasonal Fruit Syrup Dip Milk & Water	<u>Teryaki/Honey Garlic Chicken With Garlic Pasta & Carrots</u> Chicken Chunks Teryaki/Honey Garlic Sauce Pasta Butter Garlic Seasoning Cooked Carrots Milk & Water
Pm Snack 2:30-3:15pm	<u>British High Tea</u> Cucumber Slices Cream Cheese White Bread Wafer Cookie/Biscuit Lemonade /Iced Tea Water	<u>Cinnamon Apple Pie Cups Al A Mode</u> Pastry Cups Apple Pie Filling/Shredded Apple Cinnamon Vanilla Ice Cream Water	<u>Frozen Yogurt Bars</u> Sweet Crackers Yogurt Water	<u>Kid Caprese</u> Mozzarella Cubes Mini Tomatoes Balsamic Dip Spinach Leaves Rusks/Breadsticks/Crackers Water	<u>Sorbet & Scrolls</u> Strawberry Cream Cheese White Tortillas Frozen Sorbet Water

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Soy Substitute (Soy free crackers, bars, ground meats, dips)

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am- 9:00am	<p style="text-align: center;"><u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water</p>	<p style="text-align: center;"><u>Toaster Treats, Toppings & Tin Fruit</u> Variety Toast/Waffle/Crupet/English Muffins Variety Toppings Variety Tin Fruit Water</p>	<p style="text-align: center;"><u>Applesauce Dippers</u> Tinned Applesauce Sweet Crackers Water</p>	<p style="text-align: center;"><u>Fruit, Cheese & Crackers</u> Dried Fruit (Pieces/Leather) Cheese Cubes Sweet Crackers Water</p>	<p style="text-align: center;"><u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water</p>
Lunch 11:15am- 12:15pm	<p style="text-align: center;"><u>Eggy English Muffin Sandwiches & Fruit</u> Tray Baked Eggs Toasted English Muffins Shredded/Sliced Cheese Seasonal Fruit Milk & Water</p>	<p style="text-align: center;"><u>Chicken Pot Pie & Cheese Cubes</u> Chicken Chunks Pastry Shells Frozen Mixed Vegetables Cream Soup Ketchup Cheese Cubes Milk & Water</p>	<p style="text-align: center;"><u>Beefy Hashbrown Casserole Diced Hashbrowns Ground Beef Shredded Cheese</u> Ground Beef Frozen Diced Shredded Cheese Hashbrowns Variety Seasonings Ketchup Milk & Water</p>	<p style="text-align: center;"><u>Sausage Jambalaya</u> Pork Sausage Pieces White Rice & Quinoa Frozen Mixed Vegetables Diced Peppers & Onion Tomato Paste Chicken Stock Variety Seasonings Milk & Water</p>	<p style="text-align: center;"><u>Tuna Melts & Vegetables</u> Tinned Tuna Hamburger Buns Cream Soup Shredded Cheese Seasonal Vegetables Variety Dip Milk & Water</p>
Pm Snack 2:30-3:15pm	<p style="text-align: center;"><u>Rice Cakes & Veggie Dippers</u> Variety Rice Cakes Seasonal Vegetables Variety Dips Water</p>	<p style="text-align: center;"><u>Caramel Apple Dippers</u> Apple Slices Caramel Sauce Dry Cereal Water</p>	<p style="text-align: center;"><u>Pretzels & Cheese</u> Pretzel Shapes Cheese Cubes/Sticks Water</p>	<p style="text-align: center;"><u>Smoothie & Breadsticks</u> Frozen Yogurt Frozen Fruit Milk/Juice Breadsticks Water</p>	<p style="text-align: center;"><u>Crackers & Cream Cheese</u> Variety Crackers Variety Cream Cheese Water</p>

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Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am- 9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Fruit Dippers</u> Seasonal Fruit Yogurt Dip Water	<u>Bars & Fruit</u> Cereal/Granola Bars Seasonal Fruit Water	<u>Toaster Treats, Toppings & Tin Fruit</u> Variety Toast/Waffle/Cru mpet/English Muffins Variety Toppings Variety Tin Fruit Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am- 12:15pm	<u>Banana Dogs & Potato Shapes</u> Bananas Hot Dog Buns Wow Butter(Side) Jam (Side) Frozen Potato Shapes (Side) Ketchup Milk & Water	<u>Sweet & Sour Chicken With Rice</u> Chicken Chunks Rice Sweet & Sour Sauce (Side) Raw Pepper Pieces (Side) Milk & Water	<u>Beef Barley Soup & Cheesy Spinach Biscuits</u> Ground Beef Frozen mixed Vegetables Beef Stock (Vegetable Stock) Milk & Water	<u>Homemade "Lunchables"</u> Variety Crackers Variety Lunch Meat Pickles Seasonal Vegetables Variety Dip Variety Cookie Milk & Water	<u>Turkey Chilli & Bread/ Buns With Vegetables</u> Ground Turkey Tomato Sauce Taco/Chilli Seasonings Mixed Bean Puree Seasonal Vegetables Variety Dip Variety Bread/Buns Margarine Milk & Water
Pm Snack 2:30-3:15pm	<u>Corn Dog Muffins & V8 With Carrots</u> Cornmeal Frozen Corn Diced Pork Weiner V8 Drink Ketchup & Variety Dip Carrot Sticks Water	<u>Crackers & Cream Cheese</u> Variety Crackers Variety Cream Cheese Water	<u>Caramel Apple Dippers</u> Apple Slices Caramel Sauce Dry Cereal Water	<u>Cold Pasta Salad</u> Pasta Frozen Mixed Vegetables Variety Sauces Water	<u>Cherry Cheese Cake Dippers</u> Cherry Pie Filling Whipped Cream Cheese Maraschino Cherries Sweet Crackers Water

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Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast/Am Snack 6:30am-9:00am	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water	<u>Fruit, Cheese & Crackers</u> Dried Fruit (Pieces/Leather) Cheese Cubes Sweet Crackers Water	<u>Oatmeal & Fruit</u> Oatmeal Pouches Seasonal Fruit Water	<u>Applesauce Dippers</u> Tinned Applesauce Sweet Crackers Water	<u>Cereal & Fruit</u> Cereal Selection Seasonal Fruit Milk & Water
Lunch 11:15am-12:15pm	<u>TVP Sloppy Joe Sandwiches & Vegetables</u> TVP Tomato Sauce Variety Buns Seasonal Vegetables Variety Dip Variety Seasonings Milk & Water	<u>Chicken Chow Mein</u> Chicken Chunks Ramen Noodles Asian Condiments (Side) Green Onion Baby Corn (Side) Water Chestnuts (Side) Milk & Water	<u>Aloha Meatballs & Rice</u> Beef Meatballs White Rice Tinned Pineapple Sweet & Sour Sauce Variety Condiments Seasonal Vegetables Variety Dip Milk & Water	<u>Make Your Own Sandwiches</u> Variety Bread/Buns Variety Lunch Meat Lettuce, Tomato, Variety Condiments/Dip "Veggie Straws" Crisps Milk & Water	<u>Baby Baja Fish Tacos & Seasonal Fruit</u> Fish Sticks Variety Tortillas Coleslaw Tartar Sauce Seasonal Fruit Milk & Water
Pm Snack 2:30-3:15pm	<u>Power Balls & Fruit</u> Wow Butter Dates Syrup Flax/Chia Oats Seasonings Seasonal Fruit Water	<u>Breakfast Bites & Produce</u> Eggs Cream/Milk Frozen Spinach Variety Seasonings Shredded Cheese Pastry Cups Seasonal Veg/Fruit Ketchup Water	<u>Pizza Crackers</u> Soda Crackers Tomato Sauce Mozzarella Shreds Water	<u>Frozen Yogurt Bars</u> Sweet Crackers Yogurt Water	<u>Pretzels & Cheese</u> Pretzel Shapes Cheese Cubes/Sticks Water