

Vegetarian
alternatives
included



Week of
February 19th

Day 1

Morning Snack
Mini Croissant

Lunch
Sheppard's Pie
Veggie Sheppard's Pie
Carrots & Peppers
Apples

Afternoon Snack
Yogurt

Day 2

Morning Snack
Bananas

Lunch
Chicken Breast
Veggie Chicken
Vegetable Rice
Fresh Mixed Fruit

Afternoon Snack
Cantaloupe

Day 3

Morning Snack
Whole Wheat Bagels

Lunch
Baked Pasta Primavera
Crusty Bread
Peaches & Pears

Afternoon Snack
Clementine's

Day 4

Morning Snack
Assorted Yogurts

Lunch
Filet of Sole
Vegetable Rice
Coleslaw
Lemon Cake

Afternoon Snack
Cheese & Crackers

Day 5

Morning Snack
Assorted Porridges

Lunch
Vegetable & Cheese Tortellini Soup
Whole Wheat Bread
Pineapple

Afternoon Snack
Fresh Mixed Fruit

- Milk and bottled water are provided daily.
- Menus are free of peanuts or other nuts.
- Vegetables - carrots, celery, cucumber, green beans, red & green peppers, broccoli, cauliflower and other seasonal vegetables.
- Fruits - cantaloupe, bananas, apples, watermelon, oranges, peaches, grapes and other seasonal vegetables.
- Menus are subject to change due to quality/availability of fresh produce, planned outings or other special occasions at the daycare.
- This menu respects The Canadian Food Guide on nutritional standards.