

BLUE ELEPHANT DAYCARE: SPRING/SUMMER MENUS – 2021



Week 1

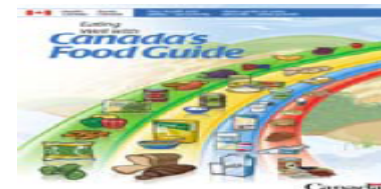
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit Milk	Apple sauce, crackers, milk	Yogurt parfait with fruit, water	Oatmeal porridge with apples and cinnamon, milk	Cereal, Fruit, Milk
	Goulash, Milk (Turnip, cabbage, potatoes)	Curried chickpea veggie pasta salad, Milk	Egg salad, cheese sandwiches, green beans, Milk	Macaroni and cheese, broccoli or cauliflower, bean and milk	Bean wraps with veggies, Milk
Afternoon snack	Crackers, Bananas, Water	Pita Chips, berry dip, Water	Cucumber or carrot wedges, cracker, water	Vanilla cake, fruit, water	Apple wedges, cinnamon pita chips, Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Oatmeal porridge, fruit, Milk	Vermicelli kheer, fruit, water	Toasted whole wheat bread, cream cheese, Fruit, Milk	Cereal, Fruit, Milk
Lunch	Pasta with bean veggie sauce, (beans, carrots, onions, tomato sauce, garlic, Milk	Couscous with veggies, beans, milk	Chick pea curry, green peas, pita bread, Milk	Chicken vege fried rice (green beans, carrots, onions, corn), milk	Pizza on naan bread (spinach, peppers, cheese)
Afternoon Snack	Homemade bread, bananas, water	Dried cereal, fruit, Water	Lemon poppyseed loaf, fruit, Water	Homemade oatmeal cookies, fruit, water	Pita pieces, Fruity yogurt dip, Water

All snacks and lunches are made with low salt and low sugar. Water offered throughout the day. Children with food restrictions get an alternative lunch or snack

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Morning snack	Cereal, fruit, Milk	Yogurt, fruit, water	Cream of wheat porridge,, fruit Milk	Buttered toast, fruit, milk	Cereal, fruit, Milk
Lunch	Chicken veggie pasta (peas, carrots) Milk Alternate: Vegetable pasta, milk	Tuna Melt with veggies, Milk	Tofu veggie chow mein, Milk	Black beans with rice and spinach, Milk Alternate: Vegetable Lentil Soup	White fish, rice, vegetables, Milk Alternate: vegetables and rice, milk
Afternoon snack	Mini jam sandwiches, Bananas, water	Homemade Oatmeal cookies, fruit Water	Cinnamon pita chips, fruit, Water	Lemon poppy seed loaf, fruit, water	Apple sauce, toast, water

Week 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Vermicelli, fruit, Milk	Semolina, Fruit, Milk	Buttered toast wedges, fruit, Milk	Cereal, Fruit, Milk
Lunch	Curried chicken, rice, green peas, Milk Alternate: vegetables, rice, milk	3 bean salad (kidney beans, green beans, chick peas) garlic bread sticks, milk	Ground meat and bean, veggie sloppy joes, veggies, milk Alternate: Bean veggie sloppy joes, milk	Tuna pasta salad (peas, carrots, corn) milk Alternate: Vege pasta salad, milk	Vege bean cuscus salad
Afternoon snack	Bananas, crackers, Water	Vanilla Cookies, fruit, Water	Lemon squares, fruit, Water	Cucumber dip with crackers, water	Pita triangles, fruit dip, water

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