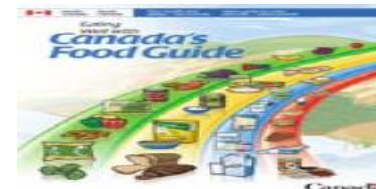


BLUE ELEPHANT DAYCARE: FALL/WINTER SNACK AND LUNCH MENUS-



Week 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Apple sauce, crackers Milk	Cereal, Milk, Fruit	Whole wheat buttered bread Fruit, Milk	Oatmeal porridge, fruit, milk	Semolina porridge, Fruit, Milk
	Pesto pasta with spinach, peas and Milk	Minestrone Soup (mixed veges, macaroni, kidney beans) with bread, Milk	Chicken Vegetable Stir Fry, Rice, Milk Alternate: Vegetable Stir Fry	Meat, mixed Vegetable Kidney Bean Chili, Milk, crackers Alternate: Vegetable Kidney Bean Chili	Lentil Vegetable rice Soup , Milk
Afternoon snack	Home made oatmeal cookies, Bananas, Water	Cracker's jam spread, fruit, Water	Cinnamon Pita Chips, Apple Slices, Water	Toasted bread sticks, fruit water	Cornbread, Fruit, Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Crackers with Apple Sauce, Milk	Vermicelli porridge, fruit, water	Oatmeal porridge, Fruit, Milk	Cereal, Fruit, Milk
Lunch	White pearl cuscus vegetable soup, crackers Milk	Curried Chicken spinach Rice, Milk Alternate: Curried Beans and Vegetables with Rice	Macaroni and Cheese with Broccoli/beans Milk	Vegetarian jambalaya (rice, tomatoes, veges, beans)	Tuna pasta with vegetables Alternative: Vegetarian pasta
Afternoon Snack	Vanilla loaf, fruit, water	Pita Bread , fruit dip, Water	Banana loaf, fruit, Water	Crackers, Fruit, Water	Home made cookies, apple slices

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

BLUE ELEPHANT DAYCARE: FALL/WINTER SNACK AND LUNCH MENUS-



Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit, Milk	Semolina porridge, fruit, water	Oatmeal porridge, fruit Milk	Apple sauce, toast, cream cheese, milk	Cereal, fruit, Milk
Lunch	Egg salad and cheese sandwiches, green beans Milk	Tofu Vegetable Chow Mein Noodles, Milk	Spilt peas vegetable soup, crackers, Milk	Pumpkin Vegetable Lentil Soup with Bread, Milk Alternate: Vegetable Lentil Soup	Vegetable, Bean pasta, Milk
Afternoon snack	cake, Bananas, water	Nan Bread with bean Dip, Water	Home made molasses buns, Fruit, Water	Crackers, fruit, Water	Lemon loaf, fruit Water

Week 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Crackers with Apple Sauce, Milk	Vermicelli porridge, Fruit, Milk	Cream of wheat porridge, fruit, Milk	Cereal, Fruit, Milk
Lunch	Lentil squash soup, buttered bread, Milk	Chicken Vegetable pilaf, Milk Alternate: Vegetable pilaf	Tuna Vegetable pasta, milk Alternate: Vegetable Pasta	Chana masala (chickpea curry with peas, chickpeas and carrots), mini naan bites	Vege bean cuscus
Afternoon snack	Eggplant dip, pita bread, Water	Vanilla Cookies, Bananas, Water	Baked loaf, fruit, Water	Oatmeal cookies, fruit, Water	Ginger cookies, fruit, 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 lunchsnack