

BLUE ELEPHANT DAYCARE: SPRING/SUMMER MENUS – 2022



Week 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit Milk	Fruit, crackers, milk	Yogurt parfait with fruit, water	Oatmeal porridge with apples and cinnamon, milk	Vermicelli Kheer, Fruit, Milk
	Tuna cakes made with potatoes and mix veggies, Milk	Curried chickpea veggie pasta salad, Milk	Egg salad, cheese sandwiches, green beans, Milk	Macaroni and cheese, broccoli or cauliflower, bean and milk	Mixed beans and Veggie Quesada , 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	Semolina porridge, 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, onions peppers, cheese)
Afternoon Snack	Homemade bread, bananas, water	Dried cereal, fruit, Water	Lemon poppy seed 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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Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit, Milk	Yogurt, fruit, water	Cream of wheat porridge,, fruit Milk	Buttered toast, fruit, milk	Semolina Porridge, fruit, Milk
Lunch	Chicken veggie pasta (peas, carrots) Milk Alternate: Vegetable pasta, milk	Tuna sandwiches with mix veggies, Milk Alternative: Egg Sandwiches with mix veggies, Milk	Tofu veggie chow mein, Milk	Black beans with rice and spinach, Milk	Red kidney beans and rice pilaf with veggies ,Milk
Afternoon snack	Mini jam sandwiches, Bananas, water	Homemade Oatmeal cookies, fruit Water	Cinnamon pita chips, fruit, Water	Lemon poppy seed loaf, fruit, water	Buttered toast, fruit, 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	Mediterranean pasta and bean salad with veggies , Milk	Ground meat and bean, veggie sloppy joes, veggies, Milk Alternate: Bean veggie sloppy joes, milk	Tuna pasta salad (peas, carrots, corn) milk Alternate: Veggie pasta salad, milk	Veggie bean cuscus salad
Afternoon snack	Bananas, crackers, Water	Vanilla Cookies, fruit, Water	Lemon squares, fruit, Water	Veggie dip with crackers, water	Pita triangles, fruit dip, water

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