



BLUE ELEPHANT DAYCARE: FALL/WINTER SNACK AND LUNCH MENUS

Week 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, Milk, Fruit	Mini Banana sandwiches, Milk	Whole wheat buttered bread, Fruit, Milk	Oatmeal porridge, fruit, Milk	Semolina porridge, Fruit, Milk
	Pesto pasta with spinach, peas. Milk	Minestrone Soup (mixed veges, macaroni, kidney beans) , Milk	Chicken Vegetable Stir Fry, Rice, Milk Alternate: Vegetable Stir Fry	Chili (Ground Beef, mixed Vegetables, Kidney Beans, Milk, crackers Alternate: Vegetable Kidney Bean Chili	Lentil Vegetable rice Soup , Milk
Afternoon snack	Homemade oatmeal cookies, fruit, Water	Homemade Apple Sauce, crackers, Water	Cinnamon Pita Chips, Apple Slices, Water	Home made Vanilla muffin, Fruit, Water	Home made Cornbread, Fruit, Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Homemade Apple Sauce, crackers, Milk	Vermicelli porridge, fruit, water	Oatmeal porridge, Fruit, Milk	Cereal, Fruit, Milk
Lunch	White Fish with veggies, dumplings. Milk Alternative: Vegetarian stew with dumplings	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	Home made Vanilla loaf, fruit, water	Pita Bread , fruit dip, Water	Home made Banana loaf, fruit, Water	Crackers, Fruit, Water	Home made cookies, apple slices

September 2022: 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 and snack



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Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit, Milk	Mini Banana sandwiches, Milk	Oatmeal porridge, fruit Milk	Semolina porridge, fruit, water	Cereal, fruit, Milk
Lunch	Egg salad and cheese sandwiches, green beans Milk	Tofu Vegetable Chow Mein Noodles, Milk	Split Pea Veggie rice Soup, Milk	Pumpkin Vegetable Soup with Bread, Milk Alternate: Vegetable Lentil Soup	Vegetable, Bean pasta, Milk
Afternoon snack	Home made loaf, Bananas, water	Nan Bread with bean Dip, Water	Home made molasses buns, Fruit, Water	Crackers, fruit, Water	Home made Lemon loaf, fruit Water

Week 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Oatmeal porridge fruit, 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), naan bites , Milk	Alphabet veggie bean soup, Milk
Afternoon snack	Apple Cinnamon Crumble, Water	Home made Vanilla Cookies, fruit, Water	Home made Baked loaf, fruit, Water	Home made Oatmeal cookies, fruit, Water	Home made ginger cookies, fruit, Water

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