



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

Updated: January 2023

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 and Milk	Minestrone Soup (mixed veges, macaroni, kidney beans), 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	Homemade oatmeal cookies, fruit, Water	Homemade Apple Sauce, crackers, Water	Cinnamon Pita Chips, Apple Slices, Water	Vanilla muffin, Fruit, Water	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	Spinach and bean soup with dumplings. 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)	Chicken 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 lunch and snack

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Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit, Milk	Mini Banana sandwiches , fruit, 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 Soup w/ 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	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	Tofu Curry with Peas and Rice, milk	Chana masala (chickpea curry with peas, chickpeas and carrots), Naan bites , Milk	Alphabet veggie bean soup, Milk
Afternoon snack	Apple Cinnamon Crumble, Water	Vanilla Cookies, fruit, Water	Baked loaf, fruit, Water	Oatmeal cookies, fruit, Water	Ginger cookies, fruit, Water

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