



BLUE ELEPHANT DAYCARE: SPRING/SUMMER MENU 2023
(January 2024)

Week 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit Milk	Yogurt, Fruit, Water	Semolina Porridge, Fruit, Milk	Bread with Butter, Fruit Milk	Cereal, Fruit, Milk
Lunch	Curried Chickpea Veggie Pasta Salad, Milk	Mixed Beans and Veggie Quesada , Milk	Cheese Sandwiches, Green Beans, Milk	Black beans with Rice and Spinach, Milk	Tofu Veggie Chow Mein Noodles, Milk
Afternoon Snack	Crackers, Bananas, Water	Pita Chips with Fruit Dip, Water	Homemade Oatmeal Cookies, Fruit, 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	Crackers, Fruit, Milk	Bread with Butter, Fruit and Milk	Semolina Porridge, Fruit , Milk	Cereal, Fruit, Milk
Lunch	Pasta with Bean Veggie sauce, (beans, carrots, onions, tomato sauce, garlic, Milk	Cucumber and Tomato, cheese sandwiches Milk	Chick Pea Curry, Green Peas, Pita bread, Milk	Chicken Veggie Fried Rice (green beans, carrots, onions, corn), milk	Vegetable Cheese Pizza, Milk
Afternoon Snack	Homemade Bread, Bananas, Water	Dried Cereal, Fruit, Water	Pita pieces, Fruit yogurt dip, Water	Homemade Oatmeal Cookies, Fruit, Water	Vanilla Loaf, Fruit, Water

Menus are egg free and nut and peanut free

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	Buttered bread, Fruit, milk	Semolina Porridge, Fruit	Cereal, Fruit, Milk
Lunch	Chicken Veggie Pasta (peas, carrots) Milk Alternate: Vegetable pasta, milk	Black Beans with Rice and Spinach, Milk	Tofu Veggie Chow Mein, Milk	Grilled Cheese Sandwiches with Green beans , 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	Vanilla loaf, Fruit, Water	Homemade Banana pudding with Crackers, Water

Week 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Vermicelli, Fruit, Milk	Semolina Porridge, Fruit, Milk	Buttered bread, Fruit, Milk	Cereal, Fruit, Milk
Lunch	Curried chicken, rice, green peas, Milk Alternate: Vegetables, Rice, milk	Mediterranean Pasta and Bean Salad with Veggies , Milk	Grilled Cheese Sandwiches with Green beans , Milk	Tofu Veggie Fried Rice (green beans, carrots, onions, corn), milk	Vegetable Cheese Pizza, Milk
Afternoon snack	Bananas, Crackers, Water	Vanilla Cookies, Fruit, Water	Corn bread, Fruit, Water	Veggie dip with Crackers, Water	Pita triangles, Fruit dip, Water

Menus are egg free and nut and peanut free

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