

BLUE ELEPHANT DAYCARE: FALL/WINTER SNACK AND LUNCH MENUS- 2025

Updated: August 2024



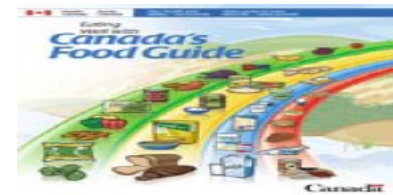
Week 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, Milk, Fruit	Mini sandwiches Bananas, 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), Water	Chicken Vegetable Stir Fry, Rice, Milk Alternate: Vegetable Stir Fry	3 bean chilli (green beans, kidney beans, black beans, Milk, toast sticks Alternate: Vegetable Kidney Bean Chili	Lentil Vegetable curry, Rice , Milk
Afternoon snack	Oatmeal cookies (made on site) fruit, Water	Apple Sauce (made on site) crackers, Water	Cinnamon Pita Chips, Apple Slices, Water	Crackers, Fruit, Water	Cornbread (made on site) Fruit, Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Homemade Apple Sauce, crackers, Milk	Vermicelli porridge, fruit, Milk	Oatmeal porridge, Fruit, Milk	Cereal, Fruit, Milk
Lunch	Spinach and bean rice pilaf, Milk	Chicken vegetable noodle soup, Alternate: Vegetable noodle soup	Macaroni and Cheese with Broccoli or green beans Milk Alternate: Macaroni vegetable pasta.	Vegetarian jambalaya (rice, tomatoes, veges, beans), Milk	Vegetable chana masala with mini pita bread pieces, Milk
Afternoon Snack	Vanilla loaf (made on site) fruit, water	Pita Bread , fruit dip, Water	Plain baked loaf (made on site) fruit, Water	Crackers, Fruit, Water	Tea biscuits, 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. Egg free, fish and shell fish free and tree nut and nut free menu.



BLUE ELEPHANT DAYCARE: FALL/WINTER SNACK AND LUNCH MENUS- 2025

Updated: August 2024

Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, fruit, Milk	Mini sandwiches fruit, Milk	Oatmeal porridge, fruit Milk	Semolina porridge, fruit, water	Cereal, fruit, Milk
Lunch	cheese sandwiches, green beans Milk	Tofu Vegetable Chow Mein Noodles, Milk	Split Pea Veggie Soup w/ crackers, Water	Vegetable stew (carrots, peas, beans, potatoes) Milk Alternate: Vegetable Lentil Soup	Vegetable Bean pasta, Milk
Afternoon snack	Plain loaf cake (made on site) Bananas, water	Cinnamon pita chips, fruit, Water	Corn bread, (made on site) Fruit, Water	Crackers, fruit, Water	Tea biscuits, 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 spinach soup, bread, Water	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	Veggie bean pasta, Milk
Afternoon snack	Cinnamon pita pieces, fruit, Water	Vanilla loaf (made on site) fruit, Water	Crackers, fruit, Water	Oatmeal cookies (made on site) 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 lunch and snack. Egg free, fish and shell fish free and tree nut and nut free menu.