**\*IDENTIFY THE FOLLOWING MEALS : Name of child & allergy or intolerance / Name of child & allergy or intolerance**

**\*All specially identified meals and snacks are labelled and sent individually.**

**Winter Menu Week 1**

**Livraison pour 2 Salles :**

**Groupe de 15 bambins (18 mois à 30 mois) oupe de 24 préscolaire (30 mois à 44 mois)**

*Gourp*

**Early Learning KinderCare**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Cheerios  Bananas | Fruit  Pumpkin Loaf | Apple Sauce  Bran Muffin | Fruit  Quinoa Pudding | Apples & Wow Butter |
| **Lunch**  *Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | Milk  Raw veggies  Chicken and vegetable noodle soup  Grilled cheese sandwich | Milk  Garden salad  Lentil loaf  Mashed potatoes & steamed carrots  Bread roll | Milk  Raw veggies  Beef lasagna with tomato sauce | Milk  Cole slaw  Pulled pork with rice and cooked vegetables | Milk  Raw veggies  Fish paté and cooked vegetables |
| **PM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Fruit  Cranberry orange cookie | Fruit  Rice cake | Cheese & grapes | Hummus & vegetables | Cream cheese & grated carrot wrap |
| *Water is offered with each snack and meal. 3.25% milk is served. All bread and cereal products are whole grain.* | | | | | |
| Vegetables and fruits (3-4) | 4 | 4 | 4 | 4 | 4 |
| Grain products (2-3) | 3 | 3 | 2 | 2 | 2 |
| Milk and alternatives (1-2) | 1 | 1 | 2 | 1 | 1 |
| Meat and alternatives (¾-1) | 1 | 1 | 1 | 2 | 2 |

**\*IDENTIFY THE FOLLOWING MEALS : Name of child & allergy or intolerance / Name of child & allergy or intolerance**

**\*All specially identified meals and snacks are labelled and sent individually.**

**Winter Menu Week 2**

**Livraison pour 2 Salles :**

**Groupe de 15 bambins (18 mois à 30 mois) oupe de 24 préscolaire (30 mois à 44 mois)**

*Gourp*

**Early Learning KinderCare**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Yogurt  Fruit | Banana bread  Fruit | Bagel & cream cheese  Fruit | Dried fruit & cereal mix | Fruit  Carrot loaf |
| **Lunch**  *Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | Milk  Raw veggies  Beef stew  Mashed potatoes, cooked vegetables & bread roll | Milk  Broccoli salad  Chicken & vegetable pizza on English muffin | Milk  Raw veggies  Cheese & spinach quiche | Milk  Cesar salad  Shepperd’s Pie & bread roll | Milk  Raw veggies  Carrot squash soup  Tuna sandwich |
| **PM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Fruit  Banana muffin | Fruit  Oven baked chick peas | Fruit  Crackers | Fruit  Berry loaf | Banana & Wow butter rolls |
| *Water is offered with each snack and meal. 3.25% milk is served. All bread and cereal products are whole grain.* | | | | | |
| Vegetables and fruits (3-4) | 4 | 4 | 4 | 4 | 4 |
| Grain products (2-3) | 2 | 2 | 3 | 2 | 3 |
| Milk and alternatives (1-2) | 2 | 1 | 1 | 1 | 1 |
| Meat and alternatives (¾-1) | 1 | 2 | 1 | 1 | 2 |

**\*IDENTIFY THE FOLLOWING MEALS : Name of child & allergy or intolerance / Name of child & allergy or intolerance**

**\*All specially identified meals and snacks are labelled and sent individually.**

**Winter Menu Week 3**

**Livraison pour 2 Salles :**

**Groupe de 15 bambins (18 mois à 30 mois) oupe de 24 préscolaire (30 mois à 44 mois)**

*Gourp*

**Early Learning KinderCare**

**IDENTIFIER LES REPAS SUIVANTS : BROOKLYN, SANS LACTOSE/LUCAS, ALLERGIE LACTOSE, POISSON, NOIX DE COCO, SÉSAME, ARACHIDE, AMANDE, NOISETTE, PÉCANES, CACHOUS, PISTACHE/ XAVIER, SANS LACTOSE**

**IDENTIFIER LES REPAS SUIVANTS : BROOKLYN, SANS LACTOSE/LUCAS, ALLERGIE LACTOSE, POISSON, NOIX DE COCO, SÉSAME, ARACHIDE, AMANDE, NOISETTE, PÉCANES, CACHOUS, PISTACHE/ XAVIER, SANS LACTOSE**

**IDENTIFIER LES REPAS SUIVANTS : BROOKLYN, SANS LACTOSE/LUCAS, ALLERGIE LACTOSE, POISSON, NOIX DE COCO, SÉSAME, ARACHIDE, AMANDE, NOISETTE, PÉCANES, CACHOUS, PISTACHE/ XAVIER, SANS LACTOSE**

**IDENTIFIER LES REPAS SUIVANTS : BROOKLYN, SANS LACTOSE/LUCAS, ALLERGIE LACTOSE, POISSON, NOIX DE COCO, SÉSAME, ARACHIDE, AMANDE, NOISETTE, PÉCANES, CACHOUS, PISTACHE/ XAVIER, SANS LACTOSE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Fruit  Rice cake | Fruit  Lentil bar | Cheerios & banana | Fruit  Rice pudding | Fruit  Banana bread |
| **Lunch**  *Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | Milk  Raw veggies  Spaghetti with tomato sauce and tofu balls | Milk  Garden salad  Turkey loaf  Potatoes  Bread roll | Milk  Raw veggies  Salmon croquettes with rice and cooked vegetables | Milk  Raw veggies  Vegetable soup  Egg salad sandwich | Milk  Cesar salad  Chicken and spinach lasagna |
| **PM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Fruit  Apple zucchini muffin | Fruit  Crackers | Fruit  Black bean brownie | Fruit  Chocolate zucchini cookie | Cream cheese & red pepper wrap |
| *Water is offered with each snack and meal. 3.25% milk is served. All bread and cereal products are whole grain.* | | | | | |
| Vegetables and fruits (3-4) | 4 | 4 | 4 | 4 | 4 |
| Grain products (2-3) | 3 | 3 | 2 | 3 | 3 |
| Milk and alternatives (1-2) | 1 | 1 | 1 | 1 | 1 |
| Meat and alternatives(¾-1) | 1 | 2 | 2 | 1 | 1 |

**\*IDENTIFY THE FOLLOWING MEALS : Name of child & allergy or intolerance / Name of child & allergy or intolerance**

**\*All specially identified meals and snacks are labelled and sent individually.**

**Winter Menu Week 4**

**Livraison pour 2 Salles :**

**Groupe de 15 bambins (18 mois à 30 mois) oupe de 24 préscolaire (30 mois à 44 mois)**

*Gourp*

**Early Learning KinderCare**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursdau** | **Friday** |
| **AM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Banana & Wow butter roll | Raisin bread  Fruit | Fruit  Berry muffin | Yogurt  Fruit | Apple sauce  Bran muffin |
| **Lunch**  *Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | Milk  Garden salad  Meat loaf with rice and cooked vegetables | Milk  Raw veggies  Cream of broccoli soup  Egg salad sandwich | Milk  Spinach & pepper salad  Salmon & broccoli linguini | Milk  Raw veggies  Chicken & vegetable stew  Bread roll | Milk  Raw veggies  Bean chilli  Bread roll |
| **PM Snack**  *Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Hummus & vegetables | Fruit  Zucchini chocolate cookie | Vegetables  Hard boiled egg | Fruit & crackers | Fruit & scones |
| *Water is offered with each snack and meal. 3.25% milk is served to the toddler group and 2% milk is served to the preschool group. All bread and cereal products are whole grain.* | | | | | |
| Vegetables and fruits (3-4) | 4 | 4 | 4 | 4 | 4 |
| Grain products (2-3) | 2 | 3 | 2 | 2 | 3 |
| Milk and alternatives (1-2) | 1 | 1 | 1 | 2 | 1 |
| Meat and alternatives (¾-1) | 2 | 1 | 2 | 1 | 1 |