

Newstead Child Care Center Winter Menu

<u>WEEK</u> <u>1</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>BREAKFAST</u>	<u>FOOD</u>	<u>Cereal</u> -Rice krispies <u>Apple Slices</u>	<u>Scrambled Eggs</u> -Milk <u>Whole Wheat Toast</u> -Unsalted Butter	<u>Egg Free Pancakes</u> -Maple syrup <u>Banana</u>	<u>Whole Wheat Bagel</u> <u>Cream Cheese</u> <u>Fresh Fruit Salad</u> -Watermelon -Cantaloupe -Pineapple	<u>Oatmeal</u> -Dried fruit -Cinnamon <u>Orange Slices</u>
	<u>DRINK</u>					
<u>LUNCH</u>	<u>FOOD</u>	<u>Red Pepper and Sausage pasta</u> -Penne Noodles -Tomato Sauce <u>Garlic bread</u> <u>Vegetarian Option</u> Chickpea and red pepper	<u>Cream of Mushroom</u> <u>Chive and Cheese Pinwheels</u> <u>Vegetarian Option</u> Vegetable soup	<u>Beef stroganoff</u> -Mushroom cream sauce <u>Steamed Rice</u> <u>Broccoli</u> <u>Vegetarian Option</u> Beyond beef stroganoff	<u>Honey Garlic Chicken</u> <u>Stirfried vegetables</u> -Red Pepper -Broccoli -Onion <u>Sesame noodles</u> <u>Vegetarian Option</u> Tofu Stirfry	<u>Beef Lasagna</u> -Tomato sauce -Ricotta <u>Garlic bread</u> <u>Broccoli</u> <u>Vegetarian Option</u> Chickpea pasta
	<u>DRINK</u>					
	<u>Drink</u>					
<u>DINNER</u>		<u>Shephards Pie</u> -Lean ground beef -Mashed potato -Mixed vegetables <u>Mixed Vegetables</u> -Carrot -Broccoli -Cauliflower <u>Vegetarian Option</u> Boyond beef Pie	<u>Chicken Quasadilla</u> -Grilled chicken breast -Cheddar cheese -Whole wheat tortilla <u>Rice</u> <u>Tomato and corn Salad</u> -Cilantro lime dressing <u>Vegetarian Option</u> <u>Black bean quasadilla</u>	<u>Pepperoni Pizza</u> -Homemade dough -Mozzarella cheese <u>Mixed Vegetables</u> -Carrot -Broccoli -Cauliflower <u>Vegetarian Option</u> Cheese Pizza with mushrooms	<u>Fettuccini Rose</u> -Cottage cheese -Zucchini <u>Garlic bread</u> <u>Cucumber slices</u>	<u>Chicken Burger</u> -Mayo <u>French fries</u> <u>Cucumber slices</u>

Week Two

<u>WEEK</u> <u>2</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>BREAKFAST</u>	<u>FOOD</u>	<u>Cereal</u> -Special K <u>Apple slices</u>	<u>Pancakes</u> -Egg free batter <u>Yogurt</u>	<u>French Toast</u> -Egg -Cinnamon <u>Banana</u>	<u>Oat cereal bar</u> -Steel cut oats -Honey -Dried fruit <u>Yogurt</u>	<u>Egg Bites</u> -Peppers -Cheese <u>Fruit</u> -Watermelon -Cantaloupe -Pineapple
<u>MORNIN G TEA</u>	<u>FOOD</u>					
	<u>DRINK</u>					
<u>LUNCH</u>	<u>FOOD</u>	<u>Fusilli Alfredo</u> -Cream and Parmesan Sauce <u>Grilled Chicken Thigh</u> -Italian seasoning <u>Steamed broccoli</u> <u>Vegetarian Option</u> Grilled Tofu	<u>Tomato Soup</u> -oven roasted tomato <u>Grilled Cheese Sandwich</u> -Whole wheat bread -Cheddar cheese <u>Cucumber</u>	<u>Vegetable Lasagna</u> -Cream Sauce -Spinach -Ricotta <u>Garlic Bread</u> <u>Steamed Cauliflower</u>	<u>Chicken Tenders</u> <u>French Fries</u> <u>Steamed Carrot</u> <u>Vegetarian Option</u> Spring roll	<u>Spaghetti Bolognese</u> <u>Garlic Bread</u> <u>Roast Zuchini</u> -Garlic Balsamic Glaze <u>Vegetarian Option</u> Red Bean Pasta
	<u>DRINK</u>					
<u>DINNER</u>		<u>Beef Stew</u> -Beef Round -Carrots -Onion -Mushroom <u>Mashed Potato</u> <u>Vegetarian Option</u> Chickpea Stew	<u>Hoisin Glazed Chicken Thigh</u> <u>Sesame Noodles</u> <u>Stirfried Vegetables</u> -Peppers -Onion -Broccoli <u>Vegetarian Option</u> Spring roll	<u>Beef Cilli</u> -Lean ground beef- -Tomato Sauce -Peas and corn <u>Garlic Bread</u> <u>Mixed Vegetables</u> -Carrot -Broccoli -Cauliflower <u>Vegetarian Option</u> Beyond beef Pie	<u>Pork Dumplings</u> <u>Fried Rice</u> <u>Broccoli</u> <u>Vegetarian Option</u> Vegetable Dumplings	<u>Butter Chicken</u> -Home Made Curry sauce <u>Rice</u> <u>Cucumbers</u> <u>Vegetarian Option</u> Chickpea curry

Newstead Child Care Center Winter Menu Week Three

<u>WEEK</u> 3		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>BREAKFAST</u>	<u>FOOD</u>	<u>Cereal</u> -Whole grain Cheerios <u>Apple Slices</u>	<u>French toast bake</u> -Egg -Cinnamon <u>Banana</u>	<u>Egg Free Pancakes</u> -Maple syrup <u>Yogurt</u>	<u>Scrambled Eggs</u> <u>Whole Wheat Toast</u> -Unsalted butter	<u>Oatmeal</u> -Apple -Raisin <u>Fruit</u> -Watermelon -Cantaloupe -Pineapple
	<u>DRINK</u>					
<u>LUNCH</u>	<u>FOOD</u>	<u>Three Cheese Tortellini</u> -Rose Sauce -Cottage Cheese <u>Garlic bread</u> <u>Cucumber</u>	<u>Shepphards Pie</u> -Lean ground beef -Mashed potato -Mixed vegetables <u>Mixed Vegetables</u> -Carrot -Broccoli -Cauliflower <u>Vegetarian Option</u> <u>Beyond beef Pie</u>	<u>Corn Chowder</u> <u>Ham and Cheese Sandwich</u> <u>Vegetarian Option</u> Grilled cheese sandwich	<u>Hamburger</u> -Brioche Bun -Lean beef Patty <u>Frech fries</u> <u>Apple slices</u> <u>Vegetarian Option</u> Veggie Burger	<u>Thai Coconut Curry</u> -Coconut cream -Carrot -Pepper <u>Grilled Chicken Thigh</u> <u>Rice</u> <u>Carrot Salad</u> <u>Vegetarian Option</u> <u>Chickpea Tofu</u>
	<u>DRINK</u>					
<u>DINNER</u>		<u>Savoury Braised pork</u> -Soy Glaze -Red Pepper -Green onion <u>Rice</u> <u>Broccoli</u> <u>Vegetarian Option</u> Tofu Stirfry	<u>Chicken Enchilada</u> -Roasted Peppers & Onions in a Tomato sauce -Shredded white meat <u>Tortilla</u> <u>Tomato and Corn Salad</u> -Cilantro Dressing <u>Vegetarian Option</u> Vegetable enchilada	<u>Veggie Dumplings</u> <u>Rice</u> <u>Cabbage</u> -Honey and Soy glaze	<u>Macaroni and Cheese</u> <u>Chicken Nuggets</u> <u>Steamed Carrots</u> <u>Vegetarian Option</u> <u>Tofu nuggets</u>	<u>Beef and Broccoli Udon</u> <u>Cucumber slices</u> <u>Vegetarian Option</u> <u>Tofu noodles</u>

Newstead Child Care Center Winter Menu Week Four

<u>WEEK</u> 4		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
------------------	--	---------------	----------------	------------------	-----------------	---------------

	<u>FOOD</u>	<u>Cereal</u> -Whole grain Cheerios <u>Apple Slices</u>	<u>French toast bake</u> -Egg -Cinnamon <u>Banana</u>	<u>Apple Oat Bake</u> <u>Yogurt</u>	<u>Scrambled Eggs</u> <u>Whole Wheat Toast</u> -Unsalted butter	<u>Oatmeal</u> -Apple -Raisin <u>Fruit</u> -Watermelon -Cantaloupe -Pineapple
	<u>DRINK</u>					
LUNCH	<u>FOOD</u>	<u>Beef stroganoff</u> -Peas -Corn -Mushroom cream sauce <u>Steamed Rice</u> <u>Broccoli</u> <u>Vegetarian Option</u> Beyond beef strogano	<u>Chicken Noodle Soup</u> -Maccaroni <u>-Grilled chicken thigh</u> <u>-Carrot</u> <u>Grilled cheese Sandwich</u>	<u>Chicken Chow mein</u> <u>Broccoli</u> <u>Vegetarian Option</u> <u>Tofu Chow Mein</u>	<u>Pancakes</u> <u>Pork Sausages</u> <u>Orange slices</u> <u>Syrup</u> <u>Vegetarian Option</u> <u>No Sausage, Fried egg instead</u>	<u>Swedish Meatballs</u> <u>Mixed Veg</u> <u>Seamed Rice</u> <u>Vegetarian Option</u> <u>Beyond beef patty</u>
	<u>DRINK</u>					
DINNER		<u>Chicken Schwarma</u> <u>Rice and Lentils</u> <u>Pita</u> <u>Cucumber and Tomato salad</u>	<u>Cheese Pizza</u> <u>Steamed Carrots</u> <u>Greek Yogurt Ranch dip</u>	<u>Spaghetti Bolognese</u> <u>Garlic bread</u> <u>Green beans</u>	<u>Butter chicken</u> <u>Rice</u> <u>Cucumber slices</u> <u>Vegetarian Option</u> <u>Chickpea curry</u>	<u>Fish Sticks</u> <u>Potato Wedges</u> <u>Steamed corn</u> <u>Vegetarian Option</u> <u>Grilled Tofu</u>