

Orde Day Care Satellite – Winter 2012 Menu

Infant, Toddlers and Preschool

Note: Substitution for children who have a restriction or vegetarian diet

*Soya milk can be substituted upon request. * Water is available throughout the day.

Menu #1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheerios and pears Milk	Whole wheat toast with jam and cream cheese and oranges Milk	Scrambled eggs with whole wheat bread and apples Milk	Whole wheat bagels with jam and cream cheese Milk	Homemade Oatmeal with pears Milk
LUNCH	Green Beans with carrot and potato stew served with rice and hard boiled eggs Carrot and cucumber platter Milk Oranges	Sloppy Joes with extra lean ground beef served with whole wheat tortilla tomatoes, romaine lettuce, cheese and carrots, peas and corn Milk Applesauce	Macaroni and cheese made with tomato sauce served with chickpea salad and broccoli Milk Bananas	Mediterranean Herb Chicken Breast served with baked potato, cheese, carrots and whole wheat bread Milk Yogurt	Split Pea soup with whole wheat grilled turkey and cheese sandwiches with carrot coleslaw Milk Apples
Vegetarian Substitution	PRE- N.S. SOY VEGGIE SLICES	INF- A.D. TOD-P.R. PRE- J.A. & G.P. L.A. GROUND SOY PROTEIN	PRE - N.S. CHEEDAR CHEESE & FRUIT	INF- A.D. TOD- P.R. PRE- J.A. & G.P. L.A. SOY PROTEIN PATTIES	INF- A.D. TOD- P.R. PRE- J.A. & G.P. L.A. SOY VEGGIE SLICES
Blended lunch	Green beans and carrots	Ground beef and sweet potato	Pasta and mixed vegetable	Chicken and green peas	Potatoes and squash
Afternoon Snack	Whole wheat Garlic bread served with Apples	Apples, pears and oranges and whole wheat crackers	Whole wheat mini pita with cream cheese	Cinnamon rice pudding and oranges	Carrot cake and bananas Milk
Blended Snack	Banana	Pear	Applesauce	Apricot	Mango and apple
Late Snack	Animal cookies	Apples	Oranges	Whole wheat crackers	Animal cookies

Menu #2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheerios with apples Milk	Whole wheat croissant with cream cheese and jam Milk	Scrambled Eggs with whole wheat bread and oranges Milk	Whole wheat mini bagels with jam and cream cheese Milk	Homemade Oatmeal with Apples Milk
LUNCH	Homemade vegetable soup served with tuna sandwiches on whole wheat bread with bell peppers and carrot sticks Milk Pear	Mediterranean Beef and Pasta bake with penne lean ground beef and parmesan cheese and baked sweet potato Milk Applesauce	Potato and chick pea curry with rice and steamed broccoli and cauliflower Milk Apples	Barbequed Chicken served with couscous and steamed green peas and carrots Milk Yogurt	Potato and Cheese Perogies with a tomato bean sauce with tomato and cucumber salad Milk Oranges
Vegetarian Substitution	INF A.D. TOD P.R. SOY PROTEIN SLICES	INF- A.D. TOD P.R. PRE- L.A., J.A. & G.P. GROUND SOY PROTEIN	PRE - N.S. CHEDDAR CHEESE & BERRIES	INF- A.D. TOD- P.R. PRE- L.A., J.A. & G.P. SOY CHICKEN PATTIES	
Blended lunch	Pasta and carrots	Ground beef and sweet potato	Green peas and potatoes	Peas and carrots	Potato and squash
Afternoon Snack	Cheese cubes with whole wheat crackers and kiwi	Homemade Oatmeal and chocolate chip cookies with Clementines Milk	Whole wheat and cheddar cheese sandwiches with cucumber	Hummus Dip with whole wheat mini pita bread	Whole wheat blueberry cake with bananas Milk
Blended Snack	Banana	Pear	Applesauce	Mango and apple	Apricots
Late Snack	Bananas	Animal cookies	Pears	Whole wheat crackers	Animal cookies

Menu #3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheerios with oranges Milk	Scrambled eggs with whole wheat toast Milk	W.W. toast with cream cheese, jam and apples Milk	5 Grain crackers and kiwi Milk	Buckwheat pancakes with maple syrup and apples Milk
LUNCH	Macaroni pie made with eggs and parmesan cheese served with a mixed romaine salad Milk Pears	Chicken stew made with potatoes and carrots served with tomato and cucumber salad and whole wheat bread Milk Applesauce	Veggie stir fry made with broccoli, carrots, cauliflower and serve with couscous and hard boiled eggs Milk Oranges	Homemade Lasagna made with lean ground beef served with a ceasar salad (romaine leaf) Milk Applesauce	Broccoli soup served with whole wheat turkey grilled cheese sandwich, tomato and cucumber platter Milk Pear
Vegetarian Substitution	PRE - N.S. EGGLESS MACARONI PIE AND CHICK PEA SALAD	PRE- N.S.- CHEEDAR CHEESE INF-P.R. & A.D. TOD- L.A. PRE- J.A. & G.P. SOY PROTEIN CHICKEN STEW	PRE - N.S. CHICK PEA SALAD	INF- A.D. TOD- P.R. PRE- L.A., J.A. & G.P. LASAGNA MADE WITH SOY GROUND	INF-P.R. & A.D. TOD- L.A. PRE- J.A. & G.P. SOY PROTEIN SLICES
Blended lunch	Pasta and carrots	Chicken and rice	Sweet potato	Ground beef and carrots and peas	Potato and squash
Afternoon Snack	Brown rice cakes served with apple butter	Apple bars served with bananas Milk	Vegetables and dip (carrots, celery, cucumber, broccoli) With multi grain cracker	Mini pizza on whole wheat English muffins and apples	Banana Cake served with Oranges Milk
Blended Snack	Applesauce	Banana	Pear	Mango and Apple	Bananas
Late Snack	Fruit	Cookies	Fruit	Crackers*	Cookies