**\*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 | FruitPumpkin Loaf | Apple SauceBran Muffin | FruitQuinoa Pudding | Apples & Wow Butter |
| **Lunch***Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | MilkRaw veggiesChicken and vegetable noodle soupGrilled cheese sandwich | MilkGarden saladLentil loafMashed potatoes & steamed carrots Bread roll | MilkRaw veggiesBeef lasagna with tomato sauce | MilkCole slawPulled pork with rice and cooked vegetables | MilkRaw veggiesFish paté and cooked vegetables |
| **PM Snack***Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | FruitCranberry orange cookie | FruitRice 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.* | YogurtFruit | Banana breadFruit | Bagel & cream cheeseFruit | Dried fruit & cereal mix | FruitCarrot loaf |
| **Lunch***Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | MilkRaw veggiesBeef stewMashed potatoes, cooked vegetables & bread roll | MilkBroccoli saladChicken & vegetable pizza on English muffin | MilkRaw veggiesCheese & spinach quiche | MilkCesar saladShepperd’s Pie & bread roll  | MilkRaw veggiesCarrot squash soupTuna sandwich |
| **PM Snack***Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | FruitBanana muffin | Fruit Oven baked chick peas | FruitCrackers | FruitBerry 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.* | FruitRice cake | FruitLentil bar | Cheerios & banana | FruitRice pudding | FruitBanana bread |
| **Lunch***Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | MilkRaw veggiesSpaghetti with tomato sauce and tofu balls | MilkGarden saladTurkey loafPotatoesBread roll | MilkRaw veggiesSalmon croquettes with rice and cooked vegetables | MilkRaw veggiesVegetable soupEgg salad sandwich | MilkCesar saladChicken and spinach lasagna |
| **PM Snack***Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | FruitApple zucchini muffin | FruitCrackers | FruitBlack bean brownie | FruitChocolate 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 breadFruit | Fruit Berry muffin | YogurtFruit | Apple sauceBran muffin |
| **Lunch***Must include 2 fruits or vegetables, 1 grain product, 1 milk and alternatives, 1 meat and alternatives.* | MilkGarden saladMeat loaf with rice and cooked vegetables | MilkRaw veggiesCream of broccoli soupEgg salad sandwich | MilkSpinach & pepper saladSalmon & broccoli linguini | MilkRaw veggiesChicken & vegetable stewBread roll | MilkRaw veggiesBean chilliBread roll |
| **PM Snack***Must include 2 food groups: One fruit or vegetable plus one food from another food group.* | Hummus & vegetables | FruitZucchini chocolate cookie | VegetablesHard 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 |