



## Young Explorers Preschool and Childcare

*Inspires creativity and a love of learning!*

# Menu

Chicken and eggs are certified organic and free run products  
 Mixed fruits: Fresh BC seasonal fruits, banana, orange, watermelon, grapes, kiwi, mango

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served with milk	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Pancakes with maple syrup</li> </ul>	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Sugar free cheerios and shredded wheat squares</li> </ul>	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Blueberry bagels/English muffins with blackberry Jam</li> </ul>	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Cinamon oatmeal porridge</li> </ul>	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Whole grain toasts</li> </ul>
<b>Lunch</b> Served with water	Danish Smørrebrød (Open egg sandwich) with raw carrot and cucumber sticks	Organic Chicken pasta (pasta with braised chicken in tomato sauce and broccoli)	Homemade organic chicken curry with mixed vegetables and rice	Pho Ga (organic chicken noodle soup with broccoli and herbs)	Margarita Pizza and raw veggie sticks
<b>Afternoon snack</b> Served with milk/water	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Oatmeal biscuits</li> </ul>	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Hearty rye/flaxseed crackers</li> </ul>	Mixed berries and yoghurt	<ul style="list-style-type: none"> <li>- Mixed fruits</li> <li>- Cheese and crackers</li> </ul>	Mixed berries and yoghurt