

Glenridding Early Learning Centre

Menu: WEEK 1

Meal/Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereals with Milk	Muffins served with Milk	Whole Wheat Jam Toast served with Milk	French (Egg) Toast with syrup on side served with Milk	Oatmeal with Brown sugar on side, served with Milk
Lunch	Grilled cheese sandwiches served with Chicken Noodle soup with mixed vegetables, fresh fruits & milk/ Water	Beef Spaghetti made in Tomato Sauce, steamed veggies on side served with fresh fruits & milk/ Water	Chicken Burger on Whole wheat Bun with Pickle, Mayonnaise, cucumber slices on side, served with milk/water	Butter chicken curry served with steamed vegetable rice, cucumber slices on side, served with fresh fruits & milk/water	Chickpea stew cooked with assorted vegetables served with buttered naan, fruits & milk/water
Vegetarian Lunch	Grilled cheese sandwiches served with Minestrone Veg soup, fresh fruits & milk/ Water	Cheese/Tofu Spaghetti made in Tomato Sauce, steamed veggies on side served with fresh fruits and milk/Water	Veggie/Potato Patty Burger on Whole wheat Bun with Pickle, Mayonnaise, cucumber slices on side, served with milk/water	Homemade Cheese curry served with steamed vegetable rice, cucumber slices on side, served with fresh fruits & milk/water	Same as Above
Snack	Granola Bar & Milk, Yogurt for Babies	Fresh Fruits with Milk, Fruit Sauce for Babies	Oatmeal Cookies with Milk	Rice Cake with Butter & Fruits	Cubed Cheese and Crackers

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Menu: WEEK 2

Meal/Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereals with Milk	Bagels with Cream Cheese spread, served with milk	Bread and butter sandwich with milk	Scrambled Egg with toasted whole wheat bread, served with Milk	Banana Bread served with milk
Lunch	Chicken Nuggets and Mashed Potatoes served with fruits, milk/water	Chicken Sandwich, Lentil and vegetable Soup served with fresh fruits & milk/water	Homemade Beef Chilli Beans served with steamed rice, fruits & milk/water	Fettuccine Chicken Alfredo Pasta in white sauce and with steamed vegetables and Garlic Bread fruits and milk	Homemade pasta fagioli soup with vegetables served with baked omelette and buns, fruits & milk/water
Vegetarian Lunch	Veggie Patty and Mashed Potatoes served with fruits, milk/water	Cheese Sandwich, Lentil, and vegetable Soup served with fresh fruits & milk/Water	Homemade Veg Chilli Beans served with steamed rice, fruits & milk/water	Fettuccine Alfredo Pasta in white sauce and with steamed vegetables and Garlic Bread fruits and milk	Same as Above
Snack	Cheese buns with milk	Smoothie with yogurt and fresh fruits	Trail Mix, cucumber slices with Milk	Puff pastry twisters with milk	Mandarin Oranges