



**Kitchen
Bee**

2022

I MENU

Newstead Child Care Center Spring Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Hot French Toast and Fruit Porridge - Milk - Egg - Vanilla - Blueberries - Whole Grain Bread	Mini Cheddar and Bacon Egg Bites - Cheddar - Egg - Milk - Diced Bacon - Green Onion Sliced Cantaloupe	Hash Brown - Potato - Onion - Egg Mini Sausage - Pork Baked Beans - Beans - Tomato Paste - Smoked Paprika	Fresh Fruit - Blueberries - Strawberries - Banana Raisin Bread - Toasted - Unsalted Butter Yogurt - Greek or - Lactose Free	Apple Cinnamon Banana Pancakes - Whole Grain Flour - Egg - Milk - Vanilla - Low Sugar Maple Syrup Peameal Bacon
LUNCH	Quinoa Tuna Cakes With Lemon Yogurt Dip - Flaked White Albacore Tuna - Organic Quinoa - Lemon - Egg - Parsley - Whole Grain Breadcrumbs Roasted Vegetables - Red Pepper - Onion - Carrot - Unsalted Herb Butter	Caramelized Pineapple - Brown Sugar - Flaked White Albacore Tuna - Cinnamon Coconut Vegetable Rice - Lime - Steamed White Rice - Fresh Cilantro Sauteed Asparagus - Unsalted Butter	Grilled Lemon and Herb Chicken - Chicken Breast - Thyme - Rosemary - Parsley Mediterranean Pasta Salad - Black Olives (Pitted) - Red Pepper - Spinach - Feta - Bowtie Pasta - Pesto Dressing	Thai Turkey Lettuce Cups - Ground Lean Turkey - Romaine Lettuce - Carrot - Green Onion - Cucumber - Soy Sauce Roasted Mini Red Potatoes - Unsalted Butter - Fresh Rosemary	Fried Rice - White Rice - Egg - Green Onion - Green Pea - Carrot Steam Pork Dumpling - Wonton - Cabbage - Ground Pork
AFTERNOON TEA	Toasted Wholemeal English Muffins - Sliced Cheddar - Roma Tomato - Unsalted Butter	Fruit Crumble - Whole Grain Flour - Oats - Seasonal Fruits - Unsalted Butter Greek Yogurt	Fresh Fruit Salad - Pineapple - Watermelon - Cantaloupe - Mint - Honey Multigrain Toast - Unsalted Butter	Banana Oat Muffin - Whole Grain Flour - Egg - Vanilla - Milk Provolone Slices	Assorted Cheeses - Provolone - Cheddar - Swiss Whole Grain Crackers
DINNER	Teriyaki Beef Stir Fry - Flank Steak - Onion - Red Pepper - Carrot - Broccoli Udon Noodles - Wheat Noodles	Bruschetta Chicken - Garlic - Basil - Tomato - Feta Mashed Potato - Milk - Roasted Garlic - Low Fat Sour Cream Sauteed Green Beans - Unsalted Butter	Salmon Fillet With Lemon Dill Sauce - Atlantic Salmon - Bechamel Sauce - Fresh Dill Whole Grain Rice Steamed Broccoli And Carrot - Unsalted Butter	Beef Lasagne - Lean Ground Beef - Whole Grain Pasta Sheets - Tomato Sauce - Mixed Cheddar And Mozzarella Cheese Garden Salad - Green Leaf Lettuce - Cucumber - Yellow Pepper - Italian Dressing	Chicken Pot Pie - Peas - Carrots - Onion - Chicken Stock - Diced Chicken - Pie Shell Sauteed Asparagus - Unsalted Butter Baked Tomato - Olive Oil - Basil - Shaved Parmesan Cheese

Newstead Child Care Center Summer Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	<p><u>Hard Boiled Egg</u> - De Shelled</p> <p><u>Whole Grain Raisin Toast</u> - Unsalted Butter</p> <p><u>Rockmelon</u></p>	<p><u>Toasted English Muffin With Sliced Cheddar and Tomato</u> - Unsalted Butter</p> <p><u>Scrambled Egg</u></p>	<p><u>French Toast</u> - Whole Grain Bread - Egg - Milk - Cinnamon</p> <p><u>Porridge With Blueberries</u> - Oats - Milk</p>	<p><u>Spinach and Ricotta Egg Bites</u> - Milk - Fresh Spinach - Red Onion</p> <p><u>Apple Slices With Orange Segments</u></p>	<p><u>Breakfast Cereal With Milk</u> - Whole Grain</p> <p><u>Fresh Fruit Salad</u> - Pineapple - Watermelon - Grapes - Cantaloupe</p>
LUNCH	<p><u>Chicken Pesto Pizza</u> - Roasted Chicken Breast - Mozzarella Cheese - Prepared Tomato Sauce - Spinach</p> <p><u>Garden Salad With Balsamic Vinaigrette</u> - Green Leaf Lettuce - Cucumber - Shredded Carrot - Julienne Red Pepper</p>	<p><u>Turkey Salad on Rye Bread</u> - Onion - Celery - Roasted Turkey - Yogurt Dressing</p> <p><u>Sliced Pineapple and Watermelon</u></p>	<p><u>Housemade Lettuce Burger</u> - Roma Tomato - White Onion - Italian Breadcrumbs - Roasted Garlic - Boston Lettuce</p> <p><u>Bowtie Pasta Salad</u> - Whole Grain Pasta - Red Pepper - Cucumber - Spinach - Pesto Dressing</p>	<p><u>Chicken, Broccoli, Cheddar Macaroni And Cheese</u> - Whole Grain Noodles - Bechamel Sauce - Roasted Chicken</p> <p><u>Sliced Pineapple</u></p>	<p><u>Summer Vegetable Lentil Curry</u> - Green Lentil - Red Pepper - Eggplant - Zucchini</p> <p><u>Steamed Whole Grain Rice</u></p>
AFTERNOON TEA	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p> <p><u>Multigrain Toast</u> - Unsalted Butter</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p> <p><u>Multigrain Toast</u> - Unsalted Butter</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p> <p><u>Multigrain Toast</u> - Unsalted Butter</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p> <p><u>Multigrain Toast</u> - Unsalted Butter</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p> <p><u>Multigrain Toast</u> - Unsalted Butter</p>
DINNER	<p><u>Summer Goulash</u> - Tomato - Zucchini - Squash - Roasted Beef Shoulder - Mushroom</p> <p><u>Steamed Whole Grain Rice</u></p>	<p><u>Bruschetta Chicken</u> - Roasted Chicken Breast - Tomato - Garlic - Basil - Feta Cheese</p> <p><u>Mashed Potato</u> - Milk - Unsalted Butter - Roasted Garlic</p> <p><u>Roasted Eggplant</u> - Olive Oil</p>	<p><u>Lemon Herbed Salmon</u> - Atlantic Salmon Fillet - Unsalted Butter - Parsley - Dill</p> <p><u>Organic Quinoa</u></p> <p><u>Roasted Carrots</u> - Olive Oil</p>	<p><u>Falafel With Yogurt Sauce</u> - Chickpea - Fresh Parsley, and Cilantro - Onion - Garlic - Greek Yogurt - Lemon</p> <p><u>Roasted Tomato</u> - Olive Oil - Fresh Basil</p> <p><u>Organic Quinoa</u></p>	<p><u>Stuffed Peppers</u> - Prepared Tomato Sauce - Whole Grain Rice - Onion - Garlic - Mozzarella Cheese</p> <p><u>Garden Salad</u> - Leaf Lettuce - Cucumber - Shredded Carrot</p>

Newstead Child Care Center Fall Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	<u>French Toast</u> - Milk - Egg - Cinnamon <u>Ricotta Cheese</u> <u>Sliced Rockmelon</u>	<u>Breakfast Cereal With Milk</u> - Whole Grain <u>Fresh Berries</u>	<u>Steamed Pumpkin</u> - Unsalted Butter <u>Scrambled Egg</u> <u>Orange Segments</u>	<u>Bacon Cheddar Egg Bites</u> - Milk - Low Sodium Bacon <u>Multigrain Toast</u> - Unsalted Butter	<u>Apple Cinnamon Pancakes</u> - Whole Wheat Flour - Milk - Egg <u>Yogurt</u> - Greek or Lactose Free
LUNCH	<u>Roasted Red Pepper Quiche</u> - Whole Grain Pie Shell Crust - Feta Cheese - Milk <u>Fresh Sliced Tomatoes</u>	<u>Chicken A La King</u> - Diced Roasted Chicken - Carrot - Onion - Green Pea <u>Egg Noodle</u>	<u>Spaghetti Bolognese</u> - Fresh Tomato Sauce - Lean Ground Beef - Basil - Whole Grain Spaghetti <u>Steamed Green Beans</u>	<u>Chickpea and Vegetable Couscous With Grilled Chicken</u> - Butternut Squash - Zucchini - Red Pepper - Tomato - Chicken Breast	<u>Butternut Squash and Sage Soup</u> - Coconut Milk - Fresh Sage - Carrot - Onion <u>Whole Grain Toast</u> - Unsalted Butter <u>Sliced Cantaloupe</u>
AFTERNOON TEA	<u>Fresh Fruit Salad</u> - Pineapple - Cantaloupe - Watermelon - Mint <u>Multigrain Toast</u> - Unsalted Butter	<u>Fresh Fruit Salad</u> - Pineapple - Cantaloupe - Watermelon - Mint <u>Multigrain Toast</u> - Unsalted Butter	<u>Fresh Fruit Salad</u> - Pineapple - Cantaloupe - Watermelon - Mint <u>Multigrain Toast</u> - Unsalted Butter	<u>Fresh Fruit Salad</u> - Pineapple - Cantaloupe - Watermelon - Mint <u>Multigrain Toast</u> - Unsalted Butter	<u>Fresh Fruit Salad</u> - Pineapple - Cantaloupe - Watermelon - Mint <u>Multigrain Toast</u> - Unsalted Butter
DINNER	<u>Shepherd's Pie</u> - Green Pea - Carrot - Onion - Corn - Lean Ground Beef <u>Roasted Zucchini</u>	<u>Vegetable Chilli</u> - Fresh Tomato Sauce - Mushroom - Red Pepper - Carrot - Zucchini <u>Whole Grain Roll</u> - Unsalted Butter <u>Roasted Acorn Squash</u> - Olive Oil - Cinnamon	<u>Chicken Pot Pie</u> - Rotisserie Chicken - Carrot - Green Pea - Onion - Whole Grain Pie Crust <u>Steamed Broccoli</u>	<u>Honey Glazed Ham</u> - Lean Smoked Ham - Raw Honey - Unsalted Butter - Sugar Free Pineapple Juice <u>Butternut Squash Puree</u> - Cinnamon <u>Roasted Parsnips</u> - Olive Oil - Fresh Rosemary	<u>Meatloaf</u> - Ground Pork - Lean Ground Beef - Egg - Whole Grain Bread Crumbs <u>Mashed Potato</u> - Unsalted Butter - Milk - Roasted Garlic <u>Steamed Carrots</u>

Newstead Child Care Center Winter Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	<p><u>French Toast</u> - Wholewheat Bread - Egg - Low Sugar Maple Syrup</p> <p><u>Fresh Fruit</u> - Banana - Orange Segments - Berries</p>	<p><u>Fresh Cooked Western Egg Bites</u> - Egg - Ham - Onion - Cheddar Cheese</p> <p><u>Toast</u> - Whole Wheat Bread - Unsalted Butter</p>	<p><u>Whole Grain Banana Pancakes</u> - Egg - Fresh Banana - Wholewheat Flour - Milk - Low Sugar Maple Syrup</p> <p><u>Fresh Fruit</u> - Apple Slices - Orange Segments</p>	<p><u>Oat Porridge With Blueberries</u> - Oats - Milk - Fresh Blueberries</p> <p><u>Yogurt</u> -Greek Or -Lactose Free</p>	<p><u>Steamed Sweet Potao</u> -Yam</p> <p><u>Srcrambled Egg</u> - Fresh Eggs - Milk</p> <p><u>Ricotta Cheese</u></p>
LUNCH	<p><u>Open Faced Tuna Melt</u> - Flaked Light Tuna - Light Mayonnaise - Whole Grain Bread - Cheddar</p> <p><u>Roasted Winter Vegetables</u> - Parsnip - Squash - Cauliflower</p>	<p><u>Whole Grain Spaghetti Bolognese</u> - Carrot - Onion - Celery - Lean Ground Beef - Tomato</p> <p><u>Parmesan Brussel Sprouts</u> - Avocado Oil - Italian Grated Parmesan - Fresh Brussel Sprouts</p>	<p><u>Roasted Chicken and Mushroom Soup</u> - Slow Roasted Chicken - Fresh Button Mushroom - Milk - Housemade Chicken Stock</p> <p><u>Fresh Multigrain Roll</u></p>	<p><u>Chicken and Vegetable Quesadilla</u> - Wholewheat Tortilla - Sauteed White Onion - Sauteed Red Pepper - Fresh Tomato - Roasted Chicken Breast - Cheddar Cheese</p> <p><u>Corn Salad</u> - Basil - Feta - Red Onion - Fresh Tomato</p>	<p><u>Vegetable Orzo Salad With Turkey Sausage</u> - Orzo Pasta - Spinach - Red Pepper - Greek Dressing - Lean Turkey Sausage</p>
AFTERNOON TEA	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p>	<p><u>Fresh Fruit Salad</u> - Pineapple - Rock Melon - Grapes - Watermelon - Mint - Honey</p>
DINNER	<p><u>Hearty Beef Stew</u> - Roasted Beef Shoulder - Carrot - Yellow Potato - Onion - Green Peas</p> <p><u>Mashed Potato</u> - Milk - Unsalted Butter - Garlic</p>	<p><u>Teriyaki Chicken Stir Fry</u> - Chicken Breast - Carrot - Onion - Button Mushroom - Bean Sprout</p> <p><u>Steamed Brown Rice</u></p>	<p><u>Shepherd's Pie</u> - Mash Potato - Corn - Green Peas - Carrot - Onion - Celery - Lean Ground Beef</p> <p><u>Sauteed Green Beans</u> - Unsalted Butter</p>	<p><u>Green Lentil Stew With Roasted Vegetables</u> - Potato - Carrot - Eggplant - Tomato - Cumin - Greek Yogurt Drizzle</p> <p><u>Fresh Multigrain Roll</u></p>	<p><u>Baked Chicken Breast With Rose Sauce</u> - Bechamel Sauce - Fresh Tomato</p> <p><u>Roasted Mini Red Potatoes</u> - Unsalted Butter - Garlic - Fresh Rosemary</p> <p><u>Steamed Peas and Carrots</u></p>