

Newstead Child Care Centre Winter Menu -Week 1

Newstead Child Care Centre Winter Menu -Week 1						
WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	FOOD	<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 bluberries</p> <p><u>Yogurt</u> -greek or -lactose free</p>	<p><u>Steamed Sweet Potao</u> -yam</p> <p><u>Srcambled Egg</u> - fresh eggs - milk</p> <p><u>Ricotta Cheese</u></p>
MORNING TEA	FOOD	<p><u>Julienned Vegetables</u> - cucumber - cooked carrot - red pepper</p> <p><u>Housemade Hummus</u> - chickpeas - lemon - vegetable oil - roasted garlic</p>	<p><u>Homemade Apple and Oat Muffin</u> - egg - wholegrain flour - milk - apple - oats</p>	<p><u>Assorted Cheese Slices</u> - cheddar - swiss - provolone</p> <p><u>Whole Grain crackers</u></p>	<p><u>Julienned Vegetables</u> - cucmber - cooked carrot - red pepper</p> <p><u>Housemade Hummus</u> - chicpeas - lemon - avocado oil</p>	<p><u>Sliced Fresh Fruit</u> - cantaloupe - watermelon - pineapple - honeydew</p>
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LUNCH	FOOD	<p><u>Open Faced Tuna Melt</u></p> <ul style="list-style-type: none"> - flaked light tuna - light mayonnaise - whole grain bread - cheddar <p><u>Roasted Winter Vegetables</u></p> <ul style="list-style-type: none"> - parsnip - squash - cauliflower 	<p><u>Whole Grain Spaghetti Bolognese</u></p> <ul style="list-style-type: none"> - carrot - onion - celery - lean ground beef - tomato <p><u>Parmesan Brussel Sprouts</u></p> <ul style="list-style-type: none"> - avocado oil - italian grated parmesan - fresh brussel sprouts 	<p><u>Roasted Chicken and Mushroom Soup</u></p> <ul style="list-style-type: none"> - slow roasted chicken - fresh button mushroom - milk - housemade chicken stock <p><u>Fresh Multigrain Roll</u></p>	<p><u>Chicken and Vegetable Quesadilla</u></p> <ul style="list-style-type: none"> - wholewheat tortilla - sauteed white onion - sauteed red pepper - fresh tomato - roasted chicken breast - cheddar cheese <p><u>Corn Salad</u></p> <ul style="list-style-type: none"> - basil - feta - red onion - fresh tomato 	<p><u>Vegetable Orzo Salad with Turkey Sausage</u></p> <ul style="list-style-type: none"> - orzo pasta - spinach - red pepper - greek dressing - lean turkey sausage
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
DINNER	FOOD	<p><u>Hearty Beef Stew</u></p> <ul style="list-style-type: none"> - roasted beef shoulder - carrot - yellow potato - onion - green peas <p><u>Mashed Potato</u></p> <ul style="list-style-type: none"> - milk - unsalted butter - garlic 	<p><u>Teriyaki Chicken Stir Fry</u></p> <ul style="list-style-type: none"> - chicken breast - carrot - onion - button mushroom - bean sprout <p><u>Steamed Brown Rice</u></p>	<p><u>Shepherd's Pie</u></p> <ul style="list-style-type: none"> - mash potato - corn - green peas - carrot - onion - celery - lean ground beef <p><u>Sauteed Green Beans</u></p> <ul style="list-style-type: none"> - unsalted butter 	<p><u>Green Lentil Stew with Roasted Vegetables</u></p> <ul style="list-style-type: none"> - potato - carrot - eggplant - tomato - onion - cumin - greek yogurt drizzle <p><u>Fresh Multigrain Roll</u></p>	<p><u>Baked Chicken Breast with Rose Sauce</u></p> <ul style="list-style-type: none"> - bechamel sauce - fresh tomato <p><u>Roasted Mini Red Potatoes</u></p> <ul style="list-style-type: none"> - unsalted butter - garlic - fresh rosemary <p><u>Steamed Peas and Carrots</u></p>

Newstead Child Care Centre Winter Menu -Week 2

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	FOOD	<p><u>Scrambled Eggs</u> - fresh eggs - milk</p> <p><u>Turkey Sausage</u> - lean turkey breakfast sausage</p> <p><u>Whole Grain Toast</u> - unsalted butter</p>	<p><u>Cereal With Milk</u> - Whole Grain</p> <p><u>Fresh Fruit</u> - banana - apple slices - orange segments</p>	<p><u>Boiled Egg with Raisin Bread</u></p> <p><u>Sliced Cheese</u> - Cheddar</p>	<p><u>Western Egg Wraps</u> - whole grain tortilla - smoked ham - green pepper - cheddar - onion</p> <p><u>Fresh Fruit</u> - pineapple - grapefruit segments</p>	<p><u>Porridge with Fresh Blueberries</u> - oats - milk - low sugar maple syrup</p> <p><u>Yogurt</u> - greek or - lactose free</p>
MORNING TEA	FOOD	<p><u>Toasted English Muffin with Sliced Cheese and Tomato</u> - cheddar - whole grain english muffin - roma tomato</p>	<p><u>Banana and Oat Bran Muffin</u> - oats - milk - egg - whole grain flour</p>	<p><u>Julienned Vegetables</u> - cucumber - steamed carrot - green pepper</p> <p><u>Housemade Hummus</u> - chickpeas - lemon - vegetable oil - roasted garlic</p>	<p><u>Assorted Cheese Slices</u> - cheddar - swiss - provolone</p> <p><u>Multigrain Crackers</u></p>	<p><u>Apple and Banana Slices</u></p>
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	FOOD	<p><u>Ratatouille</u> - eggplant - zucchini - white onion - garlic - tomato</p> <p><u>Organic Quinoa</u></p>	<p><u>Roasted Red Pepper and Tomato Soup</u> - red pepper - plum tomato - vegetable stock - white onion - celery - carrot</p> <p><u>Multigrain Roll</u></p>	<p><u>Chinese Dumplings</u> - pork - bok choy - reduced salt soy sauce - egg - ginger</p> <p><u>Braised Red Cabbage</u> - apple cider vinegar - apple juice</p> <p><u>Steamed Broccoli</u></p>	<p><u>Creamy Tuna Sandwich</u> - flaked light tuna - celery - onion - housemade dressing - whole grain bread</p> <p><u>Oven Baked Chips</u> - potato - vegetable oil - fresh rosemary - fresh thyme</p>	<p><u>Baked Mac and Cheese</u> - whole grain macaroni noodles - cheddar - parmesan - bechamel sauce</p> <p><u>Fresh Green Salad</u> - housemade dressing - spinach - romaine - cucumber - carrot</p>
	DRINK	Water	Water	Water	Water	Water

AFTERNOON TEA	FOOD	Fresh Fruit Salad - pineapple - rock melon - grapes - watermelon - mint - honey	Fresh Fruit Salad - pineapple - rock melon - grapes - watermelon - mint - honey	Fresh Fruit Salad - pineapple - rock melon - grapes - watermelon - mint - honey	Fresh Fruit Salad - pineapple - rock melon - grapes - watermelon - mint - honey	Fresh Fruit Salad - pineapple - rock melon - grapes - watermelon - mint - honey
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
DINNER		Lemon and Thyme Roasted Chicken Breast - fresh thyme - lemon zest - unsalted butter Mashed Potato - milk - unsalted butter - garlic Peas and Carrots	Hungarian Goulash - beef shoulder - potato - white onion - celery - carrots - tomato - beef broth Egg Noodles	Roasted Chicken and Mushroom Soup - slow roasted chicken - fresh button mushroom - milk - housemade chicken stock Fresh Multigrain Roll Roasted Carrots - unsalted butter - fresh thyme	Beef Lasagne - whole grain lasagne sheets - lean ground beef - tomato - garlic - cheddar Sauteed Green Beans - unsalted butter	Turkey Burgers with Whole Grain Bun - leaf lettuce - tomato - white onion - prepared mustard and mayonnaise Penne Pasta Salad - black olives - feta - red onion - spinach - tomato - red pepper - greek dressing

Newstead Child Care Centre Winter Menu -Week 3

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	FOOD	French Toast - whole grain bread - egg - vanilla - cinnamon - low sugar maple syrup Blueberries and Ricotta Cheese	Fresh Cooked Western Egg Bites - egg - ham - onion - cheddar cheese Rye Toast -unsalted butter	Whole Grain Banana Pancakes - egg - fresh banana - wholewheat flour - milk - low sugar maple syrup Sliced Cantaloupe	Porridge with Fresh Blueberries - oats - milk - low sugar maple syrup Yogurt - greek or - lactose free	Steamed Sweet Potato - Yam Ricotta Cheese Mini Pork Sausage

MORNING TEA	FOOD	<u>Assorted Cheese Slices</u> - cheddar - swiss - provolone	<u>Fresh Baked Blueberry Muffin</u> - egg - flour - milk - vanilla - sugar	<u>Yogurt</u> -greek or - lactose free <u>Sliced Fresh Fruit</u> - rock melon - pineapple - apple	<u>Julienned Vegetables</u> - cucumber - steamed carrot - red pepper <u>Housemade Hummus</u> - chickpeas - lemon - vegetable oil - roasted garlic	<u>Fresh Baked Garlic Bread</u> - garlic - unsalted butter - parsley - wholegrain baguette <u>Tomato and Cheese Slices</u> - cheddar - roma tomato
	DRINK	Milk and water	Milk and water	Milk and water		Milk and water
<u>Homemade Pizza</u> - wholewheat pizza dough - mozzarella cheese - tomato sauce - pepperoni <u>+A31</u>	FOOD	<u>Egg Salad Triangles on Wholewheat Bread</u> - paprika - mayonnaise - onion - celery <u>Steamed Broccoli</u> - unsalted butter - garlic	<u>Pasta Primavera</u> - whole grain penne noodles - spinach - bechamel sauce - red pepper - broccoli - tomato - pesto <u>Fresh Green Salad</u> - housemade dressing - spinach - romaine - cucumber - carrot	<u>Homemade Hawaiiin Pizza</u> - wholewheat pizza dough - mozzarella cheese - tomato sauce - smoked ham - pineapple chunks <u>Village Salad</u> - feta - tomato - green pepper - red onion - green olives - pesto dressing	<u>Baked Tuna Casserole</u> - button mushrooms - green peas - bechamel sauce - cheddar - whole grain bread crumbs - spinach - flaked light tuna <u>Roasted Carrots</u> - thyme - unsalted butter	<u>Vegetarian Fried Rice</u> - egg - white rice - carrot - spring onion - peas - corn <u>Egg Rolls</u> - pork - carrot - cabbage
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	<u>Fresh Fruit Salad</u> - pineapple - rock melon - grapes - watermelon - mint - honey	<u>Fresh Fruit Salad</u> - pineapple - rock melon - grapes - watermelon - mint - honey	<u>Fresh Fruit Salad</u> - pineapple - rock melon - grapes - watermelon - mint - honey	<u>Fresh Fruit Salad</u> - pineapple - rock melon - grapes - watermelon - mint - honey	<u>Fresh Fruit Salad</u> - pineapple - rock melon - grapes - watermelon - mint - honey
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

DINNER		<p><u>Teriyaki Chicken Stir Fry</u></p> <ul style="list-style-type: none"> - chicken breast - carrot - onion - button mushroom - bean sprout <p><u>Steamed Brown Rice</u></p>	<p><u>Beef Lasagne</u></p> <ul style="list-style-type: none"> - whole grain lasagne sheets - lean ground beef - tomato - garlic - cheddar <p><u>Roasted Vegetables</u></p> <ul style="list-style-type: none"> - carrot - parsnip - red pepper - broccoli 	<p><u>Baked Lemon Herbed Chicken</u></p> <ul style="list-style-type: none"> - lemon zest - thyme - rosemary - unsalted butter <p><u>Mashed Potato</u></p> <ul style="list-style-type: none"> - milk - unsalted butter - garlic <p><u>Peas and Carrots</u></p>	<p><u>Hearty Beef Stew</u></p> <ul style="list-style-type: none"> - roasted beef shoulder - carrot - yellow potato - onion - green peas <p><u>Steamed White Rice</u></p>	<p><u>Braised Chicken Legs</u></p> <ul style="list-style-type: none"> - garlic - tomato - salt <p><u>Roasted Mini Red Potatoes</u></p> <ul style="list-style-type: none"> - unsalted butter - thyme - rosemary <p><u>Steamed Green Cabbage</u></p>

Newstead Child Care Centre Winter Menu -Week 4

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	FOOD	<p><u>French Toast</u></p> <ul style="list-style-type: none"> - wholewheat bread - egg - low sugar maple syrup <p><u>Fresh Fruit</u></p> <ul style="list-style-type: none"> - banana - orange segments - berries 	<p><u>Fresh Cooked Western Egg Bites</u></p> <ul style="list-style-type: none"> - egg - ham - onion - cheddar cheese <p><u>Toast</u></p> <ul style="list-style-type: none"> - whole wheat bread - unsalted butter 	<p><u>Whole Grain Banana Pancakes</u></p> <ul style="list-style-type: none"> - egg - fresh banana - wholewheat flour - milk - low sugar maple syrup <p><u>Fresh Fruit</u></p> <ul style="list-style-type: none"> - apple slices - orange segments 	<p><u>Oat Porridge with Blueberries</u></p> <ul style="list-style-type: none"> - oats - milk - fresh blueberries <p><u>Yogurt</u></p> <ul style="list-style-type: none"> -greek or -lactose free 	<p><u>Steamed Sweet Potao</u></p> <ul style="list-style-type: none"> -yam <p><u>Srcambled Egg</u></p> <ul style="list-style-type: none"> - fresh eggs - milk <p><u>Ricotta Cheese</u></p>

MORNING TEA	FOOD	<p><u>Julienned Vegetables</u></p> <ul style="list-style-type: none"> - cucumber - cooked carrot - red pepper <p><u>Housemade Hummus</u></p> <ul style="list-style-type: none"> - chickpeas - lemon - vegetable oil - roasted garlic 	<p><u>Homemade Apple and Oat Muffin</u></p> <ul style="list-style-type: none"> - egg - wholegrain flour - milk - apple - oats 	<p><u>Assorted Cheese Slices</u></p> <ul style="list-style-type: none"> - cheddar - swiss - provolone <p><u>Whole Grain crackers</u></p>	<p><u>Julienned Vegetables</u></p> <ul style="list-style-type: none"> - cucumber - cooked carrot - red pepper <p><u>Housemade Hummus</u></p> <ul style="list-style-type: none"> - chickpeas - lemon - avocado oil 	<p><u>Sliced Fresh Fruit</u></p> <ul style="list-style-type: none"> - cantaloupe - watermelon - pineapple - honeydew
	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	FOOD	<p><u>Open Faced Tuna Melt</u></p> <ul style="list-style-type: none"> - flaked light tuna - light mayonnaise - whole grain bread - cheddar <p><u>Roasted Winter Vegetables</u></p> <ul style="list-style-type: none"> - parsnip - squash - cauliflower 	<p><u>Whole Grain Spaghetti Bolognese</u></p> <ul style="list-style-type: none"> - carrot - onion - celery - lean ground beef - tomato <p><u>Parmesan Brussel Sprouts</u></p> <ul style="list-style-type: none"> - avocado oil - italian grated parmesan - fresh brussel sprouts 	<p><u>Roasted Chicken and Mushroom Soup</u></p> <ul style="list-style-type: none"> - slow roasted chicken - fresh button mushroom - milk - housemade chicken stock <p><u>Fresh Multigrain Roll</u></p>	<p><u>Chicken and Vegetable Quesadilla</u></p> <ul style="list-style-type: none"> - wholewheat tortilla - sauteed white onion - sauteed red pepper - fresh tomato - roasted chicken breast - cheddar cheese <p><u>Corn Salad</u></p> <ul style="list-style-type: none"> - basil - feta - red onion - fresh tomato 	<p><u>Vegetable Orzo Salad with Turkey Sausage</u></p> <ul style="list-style-type: none"> - orzo pasta - spinach - red pepper - greek dressing - lean turkey sausage
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey 	<p><u>Fresh Fruit Salad</u></p> <ul style="list-style-type: none"> - pineapple - rock melon - grapes - watermelon - mint - honey

	DRINK	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
DINNER	FOOD	<p><u>Hearty Beef Stew</u></p> <ul style="list-style-type: none"> - roasted beef shoulder - carrot - yellow potato - onion - green peas <p><u>Mashed Potato</u></p> <ul style="list-style-type: none"> - milk - unsalted butter - garlic 	<p><u>Teriyaki Chicken Stir Fry</u></p> <ul style="list-style-type: none"> - chicken breast - carrot - onion - button mushroom - bean sprout <p><u>Steamed Brown Rice</u></p>	<p><u>Shepherd's Pie</u></p> <ul style="list-style-type: none"> - mash potato - corn - green peas - carrot - onion - celery - lean ground beef <p><u>Sauteed Green Beans</u></p> <ul style="list-style-type: none"> - unsalted butter 	<p><u>Green Lentil Stew with Roasted Vegetables</u></p> <ul style="list-style-type: none"> - potato - carrot - eggplant - tomato - cumin - greek yogurt drizzle <p><u>Fresh Multigrain Roll</u></p>	<p><u>Baked Chicken Breast with Rose Sauce</u></p> <ul style="list-style-type: none"> - bechamel sauce - fresh tomato <p><u>Roasted Mini Red Potatoes</u></p> <ul style="list-style-type: none"> - unsalted butter - garlic - fresh rosemary <p><u>Steamed Peas and Carrots</u></p>