

CHILDREN'S CIRCLE DAYCARE OF ST. BARNABAS, WINTER MENUS, 2021

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Unsweetened apple sauce served with Mini whole wheat pitas and Cheddar cheese squares Milk and water	Homemade bran muffins (bran, eggs, vegetable oil, brown sugar) Fresh kiwi slices* Milk and water *Infants, Toddlers, diced kiwi	Bran flakes cereal served with milk Fresh blueberries* Milk and water *Infants, Toddlers, diced blueberries	Hot cereal: oatmeal Fresh raspberries* Milk and water *Infants, Toddlers, diced raspberries	Plain yogurt and granola served on a Plain rice cake Fresh strawberries* Milk and water *Infants, Toddlers, diced strawberries
Lunch	West Indian style vegetable curry (chickpeas, yellow potatoes, curry, diced tofu, onions, garlic) served on Steamed basmati rice Steamed mixed vegetables (frozen) Freshly grated cauliflower salad (cauliflower, carrots, plum tomatoes) Fresh orange slices* Milk and water *Infants, Toddlers, diced orange	Homemade chicken stew (yellow potatoes, carrots, onions, garlic, fresh parsley flakes sea salt) served on Steamed, whole wheat couscous Bread Fresh, steamed broccoli trees Fresh carrot sticks* Fresh pineapple slices** Milk and water *Infants, Toddlers, diced carrots **Infants, Toddlers, diced pineapple	Lean ground beef chilli with kidney beans Submarine buns Becel margarine Steamed, mixed vegetables Shredded mozzarella Fresh red pepper slices* Fresh red grapes** Milk and water *Infants, Toddlers, diced red pepper **Infants, Toddlers, diced cantaloupe	Oven-baked, turkey sausage links with Cheddar cheese slices served on Dinner rolls Elbow macaroni salad Steamed baby carrots Broccoli trees* Fresh banana slices** Milk and water *Infants, Toddlers, blanched, diced broccoli **Infants, Toddlers, diced banana	Fresh green lentil stew (green lentils, onion, garlic, tomatoes, fresh parsley sea salt) served on Basmati cauliflower rice Steamed corn (frozen) Fresh garden salad (romaine lettuce, yellow peppers, carrot) Fresh green pears slices* Milk and water *Infants, Toddlers, diced pear
P.M. Snack	Whole wheat crackers* Water *Infants, bread	Fresh green pear slices* Water *Infants, Toddlers, diced pear	Fresh honeydew slices* Water *Infants, Toddlers, diced honeydew	Fresh cucumber* logs with Wow Butter (soy) Water *Infants, Toddlers, diced cucumber	Fresh baby carrots* Water *Infants, Toddlers, blanched carrots
P.M. Snack	Homemade blueberry loaf (blueberries flour, brown sugar) Carrot sticks* Water *Infants, Toddlers, shredded carrot	Triangle tortilla chips* served with Sour cream and Mild salsa dip Broccoli trees** Water *Infants, Toddlers, soft tortilla **Infants, Toddlers, shredded broccoli	Cinnamon swirl bread served with Becel margarine Fresh cucumber* Water *Infants, Toddlers, diced cucumber	Triscuits crackers* with Vegetable cream cheese Golden Delicious apple slices** Water *Infants, whole wheat sliced bread, and Toddlers, whole wheat crackers **Infants, Toddlers, diced apple	Homemade banana oatmeal muffins (oats, fresh bananas, milk, cinnamon, brown sugar) Celery sticks* Water *Infants, Toddlers, diced celery