

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

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|--|--|--|
| A.M. Snack | Hot cereal: oatmeal served with Cantaloupe slices* Milk and water *Infants, Toddlers, diced cantaloupe | Rye bread served with Strawberry spread (no sugar) Fresh banana slices* Milk and water *Infants, Toddlers, diced banana | Homemade blueberry muffins Fresh pear slices* Milk and water *Infants, Toddlers, diced pear | All bran cereal served with milk Fresh blueberries* Milk and water *Infants, Toddlers, diced blueberries | Mini croissants served with Mozzarella cheese sticks Fresh orange slices* Milk and water *Infants, Toddlers, diced orange |
| Lunch | Vegetarian nuggets Steamed fresh parsley couscous Homemade gravy Steamed green beans (frozen) Fresh red peppers* Fresh pineapple slices** Milk and water *Infants, Toddlers, diced peppers **Infants, diced pineapple | Hard tacos and soft tortillas served with Lean ground beef in taco sauce, and Shredded cheddar cheese Romaine lettuce salad Steamed peas (frozen) Fresh pear slices* Milk and water *Infants, Toddlers, diced pear | Lazy vegetarian lasagna made with mozzarella and cheddar cheeses, tomato sauce and fresh parsley Steamed mixed vegetables Chick pea salad (cucumber, carrots, red peppers) Fresh cantaloupe slices* Milk and water *Infants, Toddlers, diced cantaloupe | Oven-roasted, all-purpose seasoned chicken legs* Homemade gravy Steamed basmati rice Steamed corn (frozen) Fresh cauliflower trees** Fresh orange slices*** Milk and water *Infants, Toddlers, diced chicken **Infants, Toddlers, shredded cauliflower ***Infants, diced orange | Lean ground chicken meatloaf served with Mashed potatoes (yellow potatoes, sweet potatoes) Homemade gravy Steamed diced carrots Fresh broccoli trees* Fresh Royal Gala apples slices** Milk and water *Infants, Toddlers, diced broccoli **Infants, diced apple |
| P.M. Snack | Fresh baby carrots* Water *Infants, Toddlers, blanched carrots | Fresh cucumber slices* Water *Infants, Toddlers, diced cucumber | Fresh orange slices* Water *Infants, Toddlers, diced orange | Fresh Royal Gala apple slices* Water *Infants, Toddlers, diced apple | Fresh celery sticks* Water *Infants, Toddlers, cucumber slices |
| P.M. Snack | Multigrain sliced bread served with margarine and Chicken breast slices Fresh celery sticks* Water *Infants, Toddlers, diced celery | Middle Eastern hummus served with Red pepper sticks* Bread sticks** Water *Infants, shredded broccoli and diced red pepper **Infants, whole wheat bread | Fresh fruit melody (bananas, apples and blueberries) served on plain yogurt Whole wheat sliced bread Water | Fresh garden vegetable sticks (carrots , cucumber, broccoli trees)* Cottage cheese dip Whole wheat crackers** Water *Infants, Toddlers, diced vegetable sticks **Infants, Toddlers, 1 slice of rye bread | Homemade apple crumble (apples, oats, wheat flour, butter, brown sugar) Fresh baby carrots* Water *Infants, Toddlers, diced carrot |