Dear Parents/Guardians,

St. Alphonsus Daycare Centre is using **YUMMY CATERING** for **lunch** and **afternoon snack**. We provide our own morning snacks. Please let us know if your child has any allergies or food restrictions so that we can accommodate food substitutions. Our centre is a **peanut/tree nut free** facility. Please note that we offer water to the children throughout the day and during all snack and meal times. Milk is offered during lunch time unless otherwise requested by parents/guardians.

Thank you,

St. Alphonsus Daycare Centre

ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK Milk and Cereal	**AM SNACK** Waffles with Syrup	**AM SNACK** English Muffin with Jam	**AM SNACK** Crackers with Cream Cheese	**AM SNACK** Fruit Flavoured Yogurt
LUNCH Beef Meatballs with Yummy Tomato Sauce Vegetable Pasta Spring Mix Salad Fresh Fruit	**LUNCH** Korean Chicken Brown Rice Fresh Fruit	**LUNCH** Creamy Ravioli Soup Light Rye Bread Fresh Fruit	**LUNCH** Baked Pollock Wedge Barley Vegetable Risotto Fresh Fruit	**LUNCH** Veggie Bean Taco Whole Wheat Tortilla Lettuce with Purple Cabbage and Carrots Fresh Fruit
PM SNACK Whole Wheat Garlic Naan Marble Cheese Slice	**PM SNACK** Yogurt Multigrain Trail Mix	**PM SNACK** Fresh Fruit Multigrain Crackers	**PM SNACK** Plant Based Cheezy Scones Fresh Vegetables	**PM SNACK** Whole Grain Carrot Loaf Pear and Apple 100% Fruit Puree

ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK Milk and Cereal	**AM SNACK** Whole Wheat Bagel with Butter	**AM SNACK** Raisin Bread with Butter	**AM SNACK** Crackers with Cheese	**AM SNACK** Fruit Flavoured Yogurt
LUNCH Chicken Noodle Soup Whole Wheat Bread Fresh Fruit	**LUNCH** Baked Haddock and Cod Fish Cakes Mixed Grain Veggie Pilaf Fresh Fruit	**LUNCH** Tri Colour Cheese Tortellini with Rose Lentil Sauce Spring Mix Salad Fresh Fruit	**LUNCH** Baked Chicken Burgers Whole Wheat Artisan Bun Mixed Vegetables Fresh Fruit	**LUNCH** Creamy Coconut Chickpea Stew Brown Rice Fresh Fruit
PM SNACK Whole Grain Apple Cinnamon Round Fresh Fruit	**PM SNACK** Tuscan Italian Salsa Multigrain Pita Crisps	**PM SNACK** Fresh Fruit Whole Grain Garden Veggie Bites	**PM SNACK** Vegan Whole Grain Cranberry Cookie Blueberry and Apple 100% Fruit Puree	**PM SNACK** Fresh Carrots Pizza Square

ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK Milk and Cereal	**AM SNACK** Toasted Whole Wheat Bread with Jam	**AM SNACK** Crackers with Cheese	**AM SNACK** Bagel with Cream Cheese	**AM SNACK** Fruit Flavoured Yogurt
LUNCH Chicken Pancit Chow Mein Noodles Fresh Fruit	**LUNCH** Baked 100% Extra Lean Beef Burgers Whole Wheat Bun Mixed Vegetables Fresh Fruit	**LUNCH** Baked Pollock Wedge Lemon Herb Brown Rice Spring Mix Salad Fresh Fruit	**LUNCH** Lasagna Veggie Soup Multigrain Sourdough Bread Fresh Fruit	**LUNCH** Autumn Sun Spinach and Cheese Medallions with Creamy Garlic Bean Sauce Spring Mix Salad Fresh Fruit
PM SNACK Whole Wheat Naan Yummy Tomato Bruschetta	**PM SNACK** Yogurt Multigrain Trail Mix	**PM SNACK** Fresh Fruit Spice Snaps	**PM SNACK** Cream Cheese Bagel Bites Fresh Vegetables	**PM SNACK** Whole Grain Harvest Apple Loaf Strawberry Apple 100% Fruit Puree

ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK Milk and Cereal	**AM SNACK** Crackers with Cream Cheese	**AM SNACK** Raisin Bread with Butter	**AM SNACK** Pancakes with Syrup	**AM SNACK** Fruit Flavoured Yogurt
LUNCH Beef Stroganoff Spring Mix Salad Fresh Fruit	**LUNCH** Egg, Vegetable and Orzo Soup Whole Wheat Homestyle Bread Fresh Fruit	**LUNCH** Butter Chicken Couscous Fresh Fruit	**LUNCH** Turkey Meatballs with Yummy Cranberry Sauce Brown Rice Spring Mix Salad Fresh Fruit	**LUNCH** Broccoli and Cheddar Chowder “Out of the Oven” Baguette Fresh Fruit
PM SNACK Whole Grain Blueberry Round Fresh Fruit	**PM SNACK** Veggie Confetti Salsa Multigrain Pita Crisps	**PM SNACK** Fresh Fruit Whole Grain Sundried Tomato Crackers	**PM SNACK** Vegan Oatmeal Date Cookie Unsweetened Apple Sauce	**PM SNACK** Fresh Carrots Whole Wheat Cheesy Garlic Pizza Square