

Dear Parents/Guardians,

St. Alphonsus Child Care Center 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 center is a **peanut/tree nut free** facility.

Thank you,

St. Alphonsus Child Care Center

## ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Milk and Cereal	Waffles with Syrup Water	English Muffin with Jam Water	Crackers with Cream Cheese Water	Fruit Flavoured Yogurt Water
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Tri Colour Cheese Tortellini with Rose Lentil Sauce Spring Mix Salad with Carrots Fresh Fruit Milk/Water	Baked Turkey Burger Whole Wheat Bun Mixed Vegetables (Carrots, Green and Yellow Beans) Fresh Fruit Milk/Water	Hawaiian Chicken (Bell Peppers, Broccoli, Chicken, Onions, Pineapple, Zucchini) Brown Rice Fresh Fruit Milk/Water	Pumpkin Alphabet Soup (Alphabet pasta, carrots, coconut, kidney beans, onions, peas, pumpkin) Light Rye Bread Fresh Fruit Milk/Water	Baked Fish Wedge Barley Vegetable Risotto (Barley, broccoli, corn, mushrooms, onions) Fresh Fruit Milk/Water
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Whole Grain Blueberry Oat Bun Fresh Fruit Water	Winter Bean Salsa Multigrain Pita Crisps Water	Fresh Fruit Roasted Red Pepper Cracker Water	Whole Grain Banana Oat Loaf Strawberry Apple 100% Fruit Puree Water	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite Water

## ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>  Milk and Cereal	<b>AM SNACK</b>  Whole Wheat Bagel with Butter Water	<b>AM SNACK</b>  Raisin Bread with Butter Water	<b>AM SNACK</b>  Crackers with Cheese Water	<b>AM SNACK</b>  Fruit Flavoured Yogurt Water
<b>LUNCH</b>  Pumpkin White Bean Mac and Cheese Green Salad Fresh Fruit Milk/Water	<b>LUNCH</b>  Chicken Lo Mein (Broccoli, carrots, chicken, cauliflower) Chow Mein Noodles Fresh Fruit Milk/Water	<b>LUNCH</b>  Italian Meatball Soup (Acini de pepe, celery, mini meatballs, onions, peas, tomatoes) Whole Wheat Bread Fresh Fruit Milk/Water	<b>LUNCH</b>  Creamy Coconut Chickpea Curry (Bell peppers, broccoli, carrots, chickpeas, onions, sweet potato) Brown Rice Fresh Fruit Milk/Water	<b>LUNCH</b>  Egg Drop Soup (Carrots, eggs, leeks, orzo pasta) 9 Grain Bread Fresh Fruit Milk/Water
<b>PM SNACK</b>  Whole Wheat Naan Plant Based Herb and Garlic Cream Cheese Water	<b>PM SNACK</b>  Yogurt Multigrain Trail Mix Water	<b>PM SNACK</b>  Fresh Fruit Spice Snaps Water	<b>PM SNACK</b>  Fresh Carrots Pizza Square Water	<b>PM SNACK</b>  Whole Grain Lemon Cookie Chia Charged Mixed Berry 100% Fruit Puree Water

## ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Milk and Cereal	Toasted Whole Wheat Bread with Jam Water	Crackers with Cheese Water	Bagel with Cream Cheese Water	Fruit Flavoured Yogurt Water
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Turkey Meatballs with Tomato Sauce Vegetable Pasta Spring Mix Salad Fresh Fruit Milk/Water	Yummy Chicken Noodle Soup (Celery, diced carrots, fresh noodles, kale, onions, potatoes) Whole Wheat Home- Style Bread Fresh Fruit Milk/Water	Veggie Lazy Lasagna (Celery, green/red peppers, mafalda pasta, onions, spinach, tomatoes) Spring Mix Salad with Carrots and Purple Cabbage Fresh Fruit Milk/Water	Baked Haddock and Cod Fish Cakes Garden Vegetable Rice (Brown rice, corn, onions, spinach, squash) Fresh Fruit Milk/Water	Portuguese Beef Stew Jardineira (Beef cubes extra lean, w.w. elbow pasta, green romano beans, kidney beans, orange/yellow carrots, peas, potatoes) Fresh Fruit Milk/Water
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Whole Grain Apple Cinnamon Bun Fresh Fruit Water	Zesty Salsa Multigrain Pita Crisps Water	Fresh Fruit Whole Grain Sundried Tomato Basil Crackers Water	Whole Grain Carrot and Pineapple Loaf Pear & Apple 100% Fruit Puree Water	Fresh Vegetables Poppy Seed and Cream Cheese Bagel Bite Water

## ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Milk and Cereal	Crackers with Cream Cheese Water	Raisin Bread with Butter Water	Pancakes with Syrup Water	Fruit Flavoured Yogurt Water
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Butter Chicken (Cauliflower, chicken, mixed bell peppers, onions, peas, squash) Couscous Fresh Fruit Milk/Water	Yummy Broccoli Lentil Soup (Broccoli, celery, lentils, onions, potatoes) Baguette Fresh Fruit Milk/Water	Harvest Sun Spinach and Cheese Medallions with Creamy Garlic Bean Sauce Spring Mix Salad Fresh Fruit Milk/Water	Baked Extra Lean Beef Burger Whole Wheat Artisan Bun Broccoli and Cauliflower Fresh Fruit Milk/Water	Fiesta Egg Casserole (Bell pepper, bow tie pasta, cabbage, carrots, egg, onions) Fresh Fruit Milk/Water
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Yummy Marinara Spread Garlic Naan	Yogurt Multigrain Trail Mix Water	Fresh Fruit Whole Grain Triscuit Thins Water	Fresh Carrots Veggie Pizza Square	Vegan Oatmeal Date Cookie Apple Raspberry Chia 100% Fruit Puree