

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

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK Milk and Cereal	AM SNACK Whole Wheat Bagel with Butter Water	AM SNACK Raisin Bread with Butter Water	AM SNACK Crackers with Cheese Water	AM SNACK Fruit Flavoured Yogurt Water
LUNCH Pumpkin White Bean Mac and Cheese Green Salad Fresh Fruit Milk/Water	LUNCH Chicken Lo Mein (Broccoli, carrots, chicken, cauliflower) Chow Mein Noodles Fresh Fruit Milk/Water	LUNCH Italian Meatball Soup (Acini de pepe, celery, mini meatballs, onions, peas, tomatoes) Whole Wheat Bread Fresh Fruit Milk/Water	LUNCH Creamy Coconut Chickpea Curry (Bell peppers, broccoli, carrots, chickpeas, onions, sweet potato) Brown Rice Fresh Fruit Milk/Water	LUNCH Egg Drop Soup (Carrots, eggs, leeks, orzo pasta) 9 Grain Bread Fresh Fruit Milk/Water
PM SNACK Whole Wheat Naan Plant Based Herb and Garlic Cream Cheese Water	PM SNACK Yogurt Multigrain Trail Mix Water	PM SNACK Fresh Fruit Spice Snaps Water	PM SNACK Fresh Carrots Pizza Square Water	PM SNACK 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
AM SNACK Milk and Cereal	AM SNACK Toasted Whole Wheat Bread with Jam Water	AM SNACK Crackers with Cheese Water	AM SNACK Bagel with Cream Cheese Water	AM SNACK Fruit Flavoured Yogurt Water
LUNCH Turkey Meatballs with Tomato Sauce Vegetable Pasta Spring Mix Salad Fresh Fruit Milk/Water	LUNCH Yummy Chicken Noodle Soup (Celery, diced carrots, fresh noodles, kale, onions, potatoes) Whole Wheat Home-Style Bread Fresh Fruit Milk/Water	LUNCH Veggie Lazy Lasagna (Celery, green/red peppers, mafalda pasta, onions, spinach, tomatoes) Spring Mix Salad with Carrots and Purple Cabbage Fresh Fruit Milk/Water	LUNCH Baked Haddock and Cod Fish Cakes Garden Vegetable Rice (Brown rice, corn, onions, spinach, squash) Fresh Fruit Milk/Water	LUNCH 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
PM SNACK Whole Grain Apple Cinnamon Bun Fresh Fruit Water	PM SNACK Zesty Salsa Multigrain Pita Crisps Water	PM SNACK Fresh Fruit Whole Grain Sundried Tomato Basil Crackers Water	PM SNACK Whole Grain Carrot and Pineapple Loaf Pear & Apple 100% Fruit Puree Water	PM SNACK Fresh Vegetables Poppy Seed and Cream Cheese Bagel Bite Water

ST. ALPHONSUS CHILD CARE CENTER – MENU WEEK 4

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