

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
<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	English Muffin with Jam	Crackers with Cream Cheese	Fruit Flavoured Yogurt
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken and Vegetable Teriyaki Chow Mein Noodles Fresh Fruit	Moroccan Beef Meatballs Vegetable Couscous Fresh Fruit	Baked Haddock and Cod Fish Cakes Whole Wheat Pita Pocket Green and Yellow Beans Fresh Fruit	Spinach and Cheese Medallions with Creamy Garlic Bean Sauce Green Salad Fresh Fruit	Summer Turkey Chili Whole Wheat Home Style Bread Fresh Fruit
<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	Southwestern Salsa Multigrain Pita Crisps	Fresh Fruit Spice Snaps	Whole Grain Zucchini Loaf Peachy Apple 100% Fruit Puree	Fresh Vegetables Plant Based Cheeze Scones

## ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>  Milk and Cereal	<b>AM SNACK</b>  Whole Wheat Bagel with Butter	<b>AM SNACK</b>  Raisin Bread with Butter	<b>AM SNACK</b>  Crackers with Cheese	<b>AM SNACK</b>  Fruit Flavoured Yogurt
<b>LUNCH</b>  Yummy Chicken Mac & Cheese Spring Mix Salad Fresh Fruit	<b>LUNCH</b>  Baked Extra Lean Beef Burger Whole Wheat Artisan Bun Mixed Vegetables Fresh Fruit	<b>LUNCH</b>  Pasta with Creamy Carrot Sauce Mediterranean Salad Fresh Fruit	<b>LUNCH</b>  Baked Pollock Wedge Sweet Harissa Vegetable Rice Fresh Fruit	<b>LUNCH</b>  Veggie Taco Whole Wheat Tortilla Lettuce with Purple Cabbage and Carrots Fresh Fruit
<b>PM SNACK</b>  Yummy Tomato Bruschetta Garlic Naan	<b>PM SNACK</b>  Yogurt Multigrain Trail Mix	<b>PM SNACK</b>  Fresh Fruit Whole Grain Parmesan Triscuits	<b>PM SNACK</b>  Fresh Carrots Pizza Square	<b>PM SNACK</b>  Vegan Oatmeal Date Cookie Unsweetened Applesauce

## ST. ALPHONSUS DAYCARE CENTRE – 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	Crackers with Cheese	Bagel with Cream Cheese	Fruit Flavoured Yogurt
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Extra Lean Beef Meatballs with Yummy Tomato Sauce Whole Wheat Bun PEI Mixed Vegetables Fresh Fruit	Zesty Lemon Chicken Medley Brown Rice Fresh Fruit	Tri Colour Cheese Tortellini with Roasted Red Pepper Lentil Sauce Green Salad Fresh Fruit	Baked Haddock and Cod Fish Cakes Barley Vegetable Risotto Fresh Fruit	Yummy Chickpea Ratatouille with Pasta Fresh Fruit
<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	Greek Salsa Multigrain Pita Crisps	Fresh Fruit Whole Grain Cracker Bites	Whole Grain Lemon Blueberry Loaf Dragon Fruit and Apple 100% Fruit Puree	Fresh Vegetables Plant Based Cheeze Scones

## ST. ALPHONSUS DAYCARE CENTRE – MENU WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>  Milk and Cereal	<b>AM SNACK</b>  Crackers with Cream Cheese	<b>AM SNACK</b>  Raisin Bread with Butter	<b>AM SNACK</b>  Pancakes with Syrup	<b>AM SNACK</b>  Fruit Flavoured Yogurt
<b>LUNCH</b>  Pasta with Beef Bolognese Spring Mix Salad Fresh Fruit	<b>LUNCH</b>  Egg Patty Whole Wheat Bun Peas, Carrots, Corn Fresh Fruit	<b>LUNCH</b>  Enchanted Garden Chicken Vegetable Rotini Pasta Fresh Fruit	<b>LUNCH</b>  <b>TASTE TEST THURSDAY!</b>	<b>LUNCH</b>  Veggie Chickpea Chana Masala Brown Rice Fresh Fruit
<b>PM SNACK</b>  Tangy Twist Hummus Whole Wheat Naan	<b>PM SNACK</b>  Yogurt Multigrain Trail Mix	<b>PM SNACK</b>  Fresh Fruit Whole Grain Sundried Tomato Crackers	<b>PM SNACK</b>  Fresh Carrots Cheesy Garlic Pizza Square	<b>PM SNACK</b>  Vegan Whole Grain Banana Cookie Strawberry and Apple 100% Fruit Puree