

Glenridding Early Learning & Child Care

Menu: WEEK 1

Meal/Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereals with Milk	Muffins served with Milk	Whole Wheat Jam Toast served with Milk	French (Egg) toast with syrup on side served with Milk	Cream Cheese toast with fruits and milk
Lunch	Chicken Burger on whole wheat bun with pickle, mayonnaise, cucumber slices, milk/water	Beef sauce Spaghetti made in Tomato Sauce, steamed veggies on side with fresh fruits & milk/Water	Grilled cheese sandwiches served with chicken noodle soup, mixed veg, fruits, milk/water	Butter chicken curry served with steamed rice, cucumber slices, fresh fruits & milk/water	Chickpea stew cooked with assorted vegetables served with buttered naan, fruits & milk/water
Vegetarian Lunch	Veggie/Potato patty on whole wheat bun with pickle, mayonnaise, cucumber slices, milk/water	Cheese/Tofu sauce Spaghetti steamed vegetables, fresh fruits and milk/Water	Grilled cheese sandwiches served with noodle soup, mixed veg, fruits, milk/water	Homemade Cheese/tofu curry served with steamed rice, cucumber slices, fresh fruits & milk/water	Same as Above
Snack	Granola Bar & Milk, Yogurt for Babies	Fresh Fruits with Milk Fruit sauce for babies	Arrowroot cookies with milk	Rice Cake with Butter & Fruits Fruit sauce for babies	Cheese and Crackers Yogurt for babies

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Menu: WEEK 2

Meal/Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Cereals with Milk	Bagels with Cream Cheese spread, served with milk	Butter and butter sandwich with fruits and milk	Scrambled Egg with toasted whole wheat bread, milk	Pancakes with syrup, fruit and milk
Lunch	Chicken Nuggets and Mashed Potatoes served with fruits, milk/water	Chicken and tomato sauce pasta with vegetables served with fruits & milk/water	Egg fried rice with vegetables and milk/water	Chicken Fettuccine Alfredo Pasta vegetables, Garlic bread, milk/water	Homemade pasta faggioli soup with vegetables served with egg muffins and buns, milk/water
Vegetarian Lunch	Veggie Patty and Mashed Potatoes served with fruits, milk/water	Tomato sauce pasta with vegetables served with fruits & milk/water	Veg fried rice with vegetables and milk/water	Fettuccine Alfredo Pasta vegetables and Garlic bread, milk/water	Same as Above
Snack	Trail mix with milk Yougurt for babies	Smoothie with yogurt and fresh fruits	Cheese buns with milk	Mandarin Oranges	Baked Potatoes