

it's lunch time

daycare catering specialists

monday

Chicken Souvlaki Kabobs
Rice with Carrots, Peas, Corn
and Green Beans
Cucumber Coins
Tzatziki Sauce
Whole Wheat Greek Pita Bread
Milk/Water

ALTERNATE: Tofu Souvlaki Strips
Halal Chicken Pieces

A.M. Whole Grain Cereal, Milk
and Bananas
P.M. Marble Cheese, Crackers and Grapes

tuesday

Turkey, Vegetable and Pasta Soup
Make-Your-Own Whole Wheat Wraps
Chicken Bologna, Light Tuna Salad,
Shredded Cheese and Lettuce
Carrot Sticks
Milk/Water

ALTERNATE: Vegetable Bean Soup

A.M. Oranges and Oat Bran Bars
P.M. Homemade Banana Muffins
and Apples

wednesday

Tomato Beef and Mozzarella Cheese Lasagna
Chopped Romaine Lettuce with Grated Cheese,
Croutons and Caesar Dressing
Dinner Buns
Milk/Water

ALTERNATE: Veggie Bean Sauce with Pasta

A.M. Honey Graham Crackers
with No-Nut Soya Butter
P.M. Bananas and Goldfish Crackers

thursday

Beef Meatballs in Tomato Sauce
Steamed Rice
Green Pepper Slices
Whole Wheat Buns
Milk/Water

ALTERNATE: Tofu/Chicken Meatballs
Halal Chicken Meatballs

A.M. Whole Grain Cereal, Milk and Oranges
P.M. Melon Slices with Crackers

friday

Baked Haddock Fillets
Steamed Green Peas
Broccoli, Carrots, Tomatoes and Dip
Whole Wheat Bread
Milk/Water

ALTERNATE: Tofu Garden Patties

A.M. Raisin Bread and Pears
P.M. Fruit Yogurt and Blueberries

NOTE: A.M. and P.M. SNACKS are served with Milk and/or Water

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