

# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 a.m.</b>  <b>SNACK</b>	Plain yogurt with homemade granola and drizzle of honey, frozen berries (strawberries, blueberries, blackberries) & Water	Whole wheat English muffins with strawberry jam, apple slices 2% Milk  & Water	Shreddies & Multigrain Cheerios with 2% milk, banana slices  & Water	Whole wheat crackers with cheddar cheese slices and apple wedges  & Water	Shreddies & Multigrain Cheerios with 2% milk, fresh orange slices  & Water
<b>11:30 a.m.</b>  <b>LUNCH</b>	Tacos made with ground turkey whole wheat flour tortillas (with additional filling choice of grated cheddar cheese, tomatoes, lettuce and tomato salsa) thinly sliced carrot, red/yellow pepper, cucumber/plain yogurt dip Fresh fruit slices (apples, oranges, pears)  2% milk & water	Whole wheat penne pasta with sauce (ground legumes in tomato sauce & seasoning) Slices of roasted skinless chicken breasts, salad of romaine lettuce, tomatoes, cucumber and grated carrots & salad dressing Fresh fruit slices (apples, oranges, bananas, pears)  2% milk & water	Oven baked pork tenderloin with whole grain rice  Corn on the cob (seasonal) or niblet corn  Fresh fruit slices (apples, oranges, bananas, pears)  2% milk & water	Salmon fillet (salmon marinated in olive oil & soy sauce and baked)  Whole grain couscous & green beans  Fresh fruit slices (apples, oranges, bananas, pears)  2 % milk & water	Cheddar cheese sandwiches on whole grain bread with tomato soup  Thinly sliced carrots, celery, red and orange peppers and cucumber slices  Fresh fruit slices (apples, oranges, bananas, pears)  2% milk & water
<b>3:30 p.m.</b>  <b>SNACK</b>	Apple butter Whole grain crackers, apple slices  & Water	Buckwheat corn thins with hummus Cucumber & tomato slices  & Water	Cheese and ham slices with multi grain melba toast, Pear/ cantaloupe slices  & Water	Mini whole wheat pitas with hummus and tzatziki, thinly sliced carrot & cucumber slices & Water	Apple sauce, Arrowroot Biscuits, 2 % milk & blueberries  & Water
<b>5:00</b>  <b>SNACK</b>	Thinly sliced carrot sticks with tzatziki Water	Raisin bread Pear slices Water	Apple slices with Apple Butter Water	Banana chunks Yogurt dip Water	Whole grain melba toast Apple slices Water
<b>ALTERNATIVES;</b>					

Note: peanut/nut restrictions due to allergies – birthdays are celebrated with Chapman's peanut/nut free ice cream

\*In addition to seasonal fruits, children will be provided additional choices based on supply (kiwi, melons, plums, berries etc.). See daily fruits list on site.

# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.  <b>SNACK</b>	Shreddies & Multigrain Cheerios cereals with 2% milk Fresh strawberries & blueberries & Water	2% plain yogurt with homemade granola and drizzle of honey Frozen blueberries  & Water	Water Whole wheat bagels, with jam Apple Slices  & Water	Raisin bread with cheddar cheese slices Orange slices  & Water	Shreddies & Multigrain Cheerios cereals with 2% milk Fresh strawberries & blueberries & Water
11:30 a.m.  <b>LUNCH</b>	Homemade Chicken Pot Pie (chicken, veggies, flour, chicken stock, seasoning)  Salad (romaine lettuce carrots and raisins) Whole grain bread with butter Fresh fruit slices (apples, oranges, pears) 2% milk and water	Beef Burgers on whole wheat buns and a choice of cheddar cheese, tomato & lettuce toppings  Pepper slices, carrot & cucumber sticks  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Whole grain spaghetti pasta with sauce (chicken in tomato sauce, garlic, onion) Baby Spinach salad (grated mozzarella, sliced strawberries, mango) with dressing  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Whole grain flour tortillas (filled with tomato sauce, cheddar cheese and tuna then folded & baked) Served with tomato salsa and sour cream Whole grain rice and peas  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Turkey meatloaf (ground turkey, Worcestershire seasoning sauce) With couscous Corn & baby carrots  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water
3:30 p.m.  <b>SNACK</b>	Homemade oatmeal cinnamon muffins, cantaloupe slices 2% milk & Water	Whole grain crackers 2% Cottage cheese Orange slices & Water	Rye bread with cheese, apple and banana slices with yogurt dip & Water	Yogurt with a drizzle of honey and granola Pear slices & Water	½ whole wheat bagel with jam & apple slices  & Water
5:00  <b>SNACK</b>	Carrots and cucumber slices with tzatziki  Water	Banana chunks with graham wafers  Water	Crackers and cherry tomatoes  Water	Cucumber & carrots with whole wheat crackers  Water	Cherry tomatoes & cucumber slices Hummus Water
<b>ALTERNATIVES;</b>					

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# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.  <b>SNACK</b>	Plain 2% yogurt with homemade granola & drizzle of honey  Frozen berries(strawberries, blueberries , blackberries) & Water	Shreddies & Multigrain Cheerios cereals with 2% milk  Banana slices  & Water	Whole grain bread with strawberry jam 2% milk  Apple slices  & Water	Shreddies & Multigrain Cheerios cereals with 2% milk  Frozen berries(strawberries, blueberries , blackberries) & Water	Homemade oatmeal with 2% milk and drizzle of honey  Orange slices  & Water
11:30 a.m.  <b>LUNCH</b>	Whole grain fusilli pasta with meat sauce (ground chicken, tomato, onion and garlic)  Spinach salad with grated carrots, chopped yellow pepper, raisins & sunflower seeds with dressing Fresh fruit slices (apples, oranges, pears)  2% milk & water	Sandwiches on whole wheat bread (turkey & cheese) Chicken Noodle Soup  Assorted fresh veggie sticks (carrots, cucumber slices, grape tomatoes, & red pepper) with hummus Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Oven roasted ham with whole grain rice, apple sauce  Spinach salad with mango, strawberries and mozzarella cheese  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Brown beans cheddar cheese sandwiches  Carrot, cucumber & red pepper sticks  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Salmon fillet (salmon marinated in olive oil & soy sauce and baked)  Whole grain couscous & green beans  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water
3:30 p.m.  <b>SNACK</b>	Baked corn thins with hummus  Carrots and cucumbers & Water	Multi grain melba toast with 2% cottage cheese  Frozen blueberries & Water	Whole grain crackers with cheddar, marble & mozzarella cheese slices Apple slices & Water	Whole Wheat pita with hummus & tzatziki  Cucumbers and tomatoes & Water	Yogurt with a drizzle of honey Graham wafers Berries & Water
5:00  <b>SNACK</b>	Apple slices with yogurt dip  Water	½ whole wheat bagel and jam  Water	Thinly sliced carrots & celery sticks with spinach dip Water	Banana chunks with yogurt dip  Water	Apple slices with apple butter  Water
<b>ALTERNATIVES;</b>					

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# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (4)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:00 a.m.</b>  <b>SNACK</b>  & water	Shreddies and Multigrain Cheerios cereals with 2% milk Red/green apple slices  & Water	Homemade oatmeal with 2% milk and drizzle of honey, fresh strawberries and blueberries  & Water	Raisin bread with cheddar cheese slices Orange slices  & Water	Shreddies and Multigrain Cheerios cereals with 2% milk Honeydew melon slices  & Water	Plain 2% yogurt with homemade granola, drizzle of honey and & frozen berries(strawberries, blueberries , blackberries) & Water
<b>11:30 a.m.</b>  <b>LUNCH</b>	Chicken burgers on whole wheat buns and a choice of cheddar cheese, tomato & lettuce toppings  Pepper slices, carrot & cucumber sticks  Fresh fruit slices (apples, oranges, pears)  2% milk & water	Sheppard's Pie (lean ground beef, chopped onion, grated carrots, tomato paste) topped with mashed potatoes and green beans  Whole wheat bread  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Assorted sandwiches on whole wheat bread (turkey, & cheese)  Potato Leek Soup Carrot sticks, yellow/red pepper, cucumber slices & grape tomatoes with yogurt dip  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Skinless oven BBQ chicken breasts, whole grain rice  Salad of spinach, mango, strawberry, sunflower seeds and grated mozzarella cheese with assorted dressings  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Homemade Pizza – (whole grain tortillas with mozzarella cheese and/or baked ham & cheese), mixed bean salad  Red/ orange pepper, carrot, tomato, cucumber, slices  Fresh fruit slices (Apples, oranges, bananas, pears) 2% milk & water
<b>3:30 p.m.</b>  <b>SNACK</b>	Baked corn thins with hummus Thinly slices carrots and cucumbers & Water	Oven baked whole grain flour tortillas with salsa and cheddar cheese Red pepper slices & Water	Whole wheat mini pitas with hummus  Green/red apple slices & Water	Whole grain, crackers with cheddar or marble cheese slices Tomatoes slices & Water	Homemade oatmeal cinnamon muffins Apple slices 2% milk & Water
<b>5:00</b>  <b>SNACK</b>	Pear slices with whole grain melba toast  Water	½ whole wheat bagel and jam  Water	Cucumber sticks & grape tomato's tzatziki  Water	Cucumber sticks with plain yogurt dip  Water	Banana chunks and graham wafers  Water
<b>ALTERNATIVES;</b>					

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# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (5)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.  <b>SNACK</b>	Whole wheat English muffins, with jam  Apple & banana slices  Water	Shreddies and Multigrain Cheerios cereals with 2% milk Fresh strawberries  Water	Plain 2% yogurt with homemade granola ,drizzle of honey Pear and apple slices  Water	Shreddies and Multigrain Cheerios cereals with 2% milk Fresh blueberries & strawberries Water	Whole grain bagels with strawberry jam 2% milk Fresh fruit slices (apples and bananas) Water
11:30 a.m.  <b>LUNCH</b>	Whole wheat flour tortilla wraps with choice of ham or turkey with a variety of toppings (grated cheddar cheese, lettuce & tomato)  Carrot, celery, cucumber, green pepper sticks with low fat yogurt dip  Fresh fruit slices (apples, oranges, pears)  2% milk & water	Beef casserole (whole grain pasta, lean ground beef, tomato sauce, seasoning)  Sweet potato medallions, cooked spinach  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk water	Chicken breast with mozzarella cheese and tomato sauce, whole wheat pasta  Cooked green beans  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Ham melts (oven baked whole wheat tortillas with ham and melted cheddar cheese)  Corn on the cob (seasonal) Thinly sliced carrot, red pepper sticks & cucumber  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Lemon chicken slices (skinless chicken breasts marinated in fresh lemon juice and oven baked)  Mashed potato & green beans  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water
3:30 p.m.  <b>SNACK</b>	Rye bread with apple butter Pear slices  & Water	Whole grain melba toast with 2% cottage cheese Frozen blueberries  & Water	Whole grain crackers with apple butter Thinly sliced carrots & cucumber & Water	Buckwheat corn thins hummus Cucumber & tomato slices  & Water	Marble & mozzarella cheese chunks with whole grain crackers Apple slices & Water
5:00  <b>SNACK</b>	Baby Carrots & cucumber slices with plain yogurt dip  Water	Apple slices & cheese chunks  Water	Pepper slices with whole grain melba toast  Water	Apple and banana slices Yogurt dip  Water	½ whole wheat bagel with jam  Water
<b>ALTERNATIVES;</b>					

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# BALMY BEACH COMMUNITY DAY CARE CENTRE

\*PRESCHOOL MENU FOR THE WEEK OF: \_\_\_\_\_ (6)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.  <b>SNACK</b>	Whole wheat bagels with jam  Orange slices & Water	Shreddies and Multigrain Cheerios cereals with 2% milk Red/green apple slices & Water	Plain 2% yogurt with homemade granola & drizzle of honey Frozen strawberries/ blueberries & Water	Homemade oatmeal with 2% milk and drizzle of honey  Green/red apple slices & Water	Shreddies and Multigrain Cheerios cereals with 2% milk Banana slices & Water
11:30 a.m.  <b>LUNCH</b>	Cheese filled tortellini with homemade tomato sauce (chick peas, chopped tomatoes, garlic, basil & onions) with chicken slices Baby spinach salad with tomatoes, cucumber, & carrots & dressing Fresh fruit slices (apples, oranges, pears)  2% milk & water	Homemade Pizza –( whole grain tortillas with mozzarella cheese and/or baked ham & cheese), mixed bean salad  Red/ orange pepper, carrot, tomato, cucumber, slices Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Homemade chicken Souvlaki (skinless chicken breast marinated in garlic, lemon and oregano), whole grain rice & pita with tzatziki salad of mixed leaf lettuce, tomato & cucumber  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Sandwiches on whole wheat bread (turkey & cheese) Chicken Noodle Soup Assorted fresh veggie sticks (carrots, cucumber slices, grape tomatoes, & red pepper) with humus  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water	Salmon fillet (salmon marinated in olive oil & soy sauce and baked)  Whole grain rice Corn on the cob (seasonal) or niblet corn  Fresh fruit slices (apples, oranges, bananas, pears) 2% milk & water
3:30 p.m.  <b>SNACK</b>	Homemade oatmeal cinnamon muffins Honeydew melon slices 2% milk  & Water	Unsweetened apple sauce Arrowroot biscuit Tomato & cucumber slices 2% milk  & Water	Oven baked whole grain flour tortillas with salsa and cheddar cheese  Red pepper slices & Water	Whole grain crackers with cheddar and mozzarella cheese slices Apple slices  & Water	Sandwiches – (roast beef & cheese) on whole wheat bread  Cantaloupe slices & Water
5:00  <b>SNACK</b>	Marble cheese slices with whole grain crackers Pear  Water	Thinly slices carrots Melba toast  Water	Banana chunks & graham wafers  Water	Apple slices Cheddar cheese chunks  Water	Peppers slices Whole grain crackers  Water
<b>ALTERNATIVES;</b>					

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