

University Settlement Day Care: 6-week Rotating Menu

Week #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Wow butter on <u>Pre & ST</u> : whole wheat bagels <u>JT & Inf</u> : whole wheat crackers Fresh fruit:	Pancakes Fresh fruit:	Sliced hard boiled eggs on whole wheat crackers Fresh fruit:	Hummus spread on whole wheat English muffins Fresh fruit:	Blueberry Waffles Fresh fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT</u> : Whole Milk <u>ST AND Pre</u> : 2% Milk	Jasmine rice and chickpeas in coconut milk; cauliflower, broccoli, and carrots; tomato wedges	Beef meatloaf with mashed potatoes; peas; romaine salad with celery, tomatoes, cucumbers, and Italian dressing	Ground chicken sautéed with cabbage, red pepper and spinach; steamed sweet potatoes; Red beet sticks	Stir fried beef, broccoli, carrots, onions, mushrooms, and cauliflower; Singapore rice noodles with eggs; green pepper slices.	Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, chicken slices, and mozzarella, parmesan and cheddar cheeses, cantaloupe wedges on the side
Afternoon Snack All snacks are served with Water and/or Milk	Oatmeal coconut cookies Fresh fruit:	Rice pudding with coconut in cones Fresh fruit:	Carrot muffins Fresh fruit:	Custard in cones Fresh fruit:	Whole Wheat Banana Bread Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Soya patties with mashed potatoes; peas; romaine salad with celery, tomatoes, cucumbers, and Italian dressing	*Vegetarian Option: Tofu sautéed with cabbage, red pepper and spinach; Steamed sweet potatoes; Red beet sticks	*Vegetarian Option: Stir fry with scrambled eggs, broccoli, carrots, onions, mushrooms, and cauliflower; Singapore rice noodles; green pepper slices.	*Vegetarian Option: Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, and extra mozzarella, parmesan, and cheddar cheeses; Cantaloupe wedges on the side

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Week #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Wow butter on whole wheat English muffins Fresh fruit:	Grilled mozzarella cheese on whole wheat bread Fresh fruit:	Egg salad in whole wheat pita pockets Fresh fruit:	Blueberry pancakes Fresh fruit:	Sliced cheddar cheese on whole wheat crackers Fresh fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT:</u> Whole Milk ST AND Pre: 2% Milk	Macaroni with cheddar cheese sauce; scrambled eggs; broccoli, cauliflower and carrots; celery sticks	Beef tomato sauce with mashed potatoes; peas and carrots; Romaine salad with celery, tomatoes, cucumber and Caesar dressing	Roasted chicken with sweet potatoes; cauliflower; Sliced cucumber	Baked Basa fish; sautéed potatoes, zucchini, spinach, and celery; carrot sticks	Pasta primavera in a red pepper sauce; broccoli and spinach; four bean salad
Afternoon Snack All snacks are served with Water and/or Milk	Oatmeal Zucchini Muffins Fresh Fruit:	Lemon coconut cookies Fresh fruit:	Cheddar Cheese scones Fresh fruit:	Yogurt and apple sauce in cones Fresh fruit:	Whole wheat caramelized apple bread Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Baked beans in tomato sauce with mashed potatoes; peas and carrots; romaine salad with celery, tomatoes, cucumber, and Caesar dressing	*Vegetarian Option: Roasted tofu with sweet potatoes; cauliflower; sliced cucumber	*Vegetarian Option: Baked tofu with sautéed potatoes, zucchini, spinach, and celery; carrot sticks	

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Week #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Grilled cheese on whole wheat bread Fresh fruit:	Hummus on whole wheat English muffins Fresh Fruit:	Cream Cheese on . . <u>Pre & ST:</u> whole wheat bagels <u>JT & Inf:</u> whole wheat crackers Fresh Fruit:	Sliced hard boiled egg on whole wheat crackers Fresh Fruit:	Blueberry waffles Fresh Fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT:</u> Whole Milk <u>ST AND Pre:</u> 2% Milk	Spanish rice with lentils; green beans; carrot sticks.	Beef lasagna with lasagna noodles, tomato sauce, ground beef and mozzarella cheese; green beans, carrots, zucchini and fava beans; tomato slices	Ginger chicken stew with alphabet pasta, celery, carrots, parsnip, onion, and cabbage; Cucumber Slices	Tuna paddies with roasted potatoes; corn; Greek salad	Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, chicken slices, and mozzarella, parmesan and cheddar cheeses, cantaloupe wedges on the side
Afternoon Snack All snacks are served with Water and/or Milk	Apple bran muffins Fresh fruit:	Bread pudding Fresh fruit:	Cinnamon sticks Fresh fruit:	Fruit mousse In cones Fresh fruit:	Whole wheat banana cake Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Vegetarian lasagna with lasagna noodles, tomato sauce, minced soya paddies and mozzarella cheese; green beans, carrots, zucchini and fava beans; tomato slices	*Vegetarian Option: Falafel; vegetarian stew with alphabet pasta, celery, carrots, parsnips, onions, and cabbage; cucumber slices	*Vegetarian Option: Scrambled eggs with roasted potatoes; corn; Greek salad	*Vegetarian Option: Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, and extra mozzarella, parmesan, and cheddar cheeses; cantaloupe wedges on the side

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Week #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Wow butter on whole wheat crackers Fresh fruit:	Whole wheat cinnamon toast Fresh fruit:	Grilled marble cheddar cheese on whole wheat English muffins Fresh fruit:	Egg salad in whole wheat pita pockets Fresh fruit:	Blueberry pancakes Fresh fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT:</u> Whole Milk <u>ST AND Pre:</u> 2% Milk	Egg omelet with hash brown potatoes; steamed broccoli; tomato wedges	Stir fry chicken with broccoli, carrots, green beans, onions, red peppers, and mushrooms; Jasmin rice; green pepper slices	Beef and tomato chili-con carne with corn; roasted sweet potatoes and cauliflower; spinach salad with balsamic dressing	Baked Basa fish with sautéed potatoes, zucchini, spinach, and celery; romaine salad with celery, tomatoes, red onions, and Caesar dressing	Pasta with spinach and basil pesto; diced steamed carrots; four bean salad
Afternoon Snack All snacks are served with Water and/or Milk	Oatmeal coconut raspberry squares Fresh fruit:	Whole wheat croissants with cream cheese Fresh fruit:	Rice pudding with coconut in cones Fresh fruit:	Blueberry scones Fresh fruit:	Whole wheat carrot bread Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Stir fry tofu with broccoli, carrots, green beans, onions, red peppers, and mushrooms; Jasmin rice; green pepper slices	*Vegetarian Option: Vegetarian chili with beans and corn; roasted sweet potatoes, and cauliflower; spinach salad with balsamic dressing	*Vegetarian Option: Baked tofu with sautéed potatoes, zucchini, spinach, and celery; romaine salad with celery, tomatoes, red onions, and Caesar dressing	

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Week #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Cream Cheese on whole wheat English muffins Fresh fruit:	Sliced hard boiled eggs on whole wheat crackers Fresh fruit:	Grilled marble cheddar cheese on whole wheat bread Fresh fruit:	Bananas and wow butter wrapped in whole wheat tortillas Fresh fruit:	Blueberry waffles Fresh fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT:</u> Whole Milk <u>ST AND Pre:</u> 2% Milk	Stewed red kidney beans with roasted sweet potatoes; broccoli; cucumber slices	Beef and barley stew with squash, cabbage, and spinach; carrot sticks	Fried rice with eggs, peas, onions, garlic, ginger, parsley, sesame seeds, sesame oil, and tofu; steamed cauliflower; celery sticks	Roasted chicken with mashed potatoes; green beans; tomato wedges	Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, chicken slices, and mozzarella, parmesan and cheddar cheeses, cantaloupe wedges on the side
Afternoon Snack All snacks are served with Water and/or Milk	Molasses, coconut, raisin oatmeal squares Fresh fruit:	Custard in cones Fresh fruit:	Bread Pudding with Raisins Fresh fruit:	Croissants with cream cheese Fresh fruit:	Whole wheat banana bread Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Barley stew with squash, cabbage, and spinach; carrot sticks		*Vegetarian Option: Soya paddies with mashed potatoes; green beans; tomato wedges	*Vegetarian Option: Homemade pizza with tomatoes, spinach, olives, peppers, pineapple, and extra mozzarella, parmesan, and cheddar cheeses; cantaloupe wedges on the side

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Week #6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack All snacks are served with Water and/or Milk	Whole wheat cinnamon toast Fresh fruit:	Wow butter on whole wheat English muffins Fresh fruit:	Grilled marble cheddar cheese on whole wheat bread Fresh fruit:	Blueberry pancakes Fresh fruit:	Cream cheese in croissants Fresh fruit:
Lunch All lunches are served with Whole Grain Bread <u>Infants and JT:</u> Whole Milk <u>ST AND Pre:</u> 2% Milk	Pasta with parmesan alfredo sauce; zucchini, carrots, and cauliflower; four bean salad	Beef lasagna with lasagna noodles, tomato sauce, ground beef and mozzarella cheese; green beans; romaine salad with Caesar dressing	Butter chicken with steamed rice; broccoli, carrots, and cauliflower; cucumber slices	Scrambled eggs with hash brown potatoes; peas; red pepper slices	Tuna casserole; steamed broccoli; carrot sticks
Afternoon Snack All snacks are served with Water and/or Milk	Whole wheat zucchini oatmeal muffins Fresh fruit:	Strawberry moose in cones Fresh fruit:	Whole wheat carrot muffins Fresh fruit:	Yogurt with apple sauce in cones Fresh fruit:	Cornmeal Bread with Raisons Fresh fruit:
Other/ Vegetarian Option		*Vegetarian Option: Vegetarian lasagna with lasagna noodles, tomato sauce, minced soya paddies and mozzarella cheese); green beans; Romaine salad with Caesar dressing	*Vegetarian Option: Tofu in curry sauce with steamed rice; broccoli, carrots and cauliflower; cucumber slices		*Vegetarian Option: Pasta with bean sauce; steamed broccoli; carrot sticks