

**CRECHE MENU - WEEK ONE**

**Fall 2022**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Zucchini Pancakes (Egg Free) Fresh Fruit Milk	Freshly Baked Carrot Muffins Fresh Fruit Milk	Bran Cereal with Milk Fresh Fruit	Warm Oatmeal Fresh Fruit Milk	WW Toast with Wow Butter Fresh Fruit Milk
<b>LUNCH</b>	Chickpea Soup (Carrots, Green Beans) Grilled Cheese Sandwiches on WW Bread Fresh Fruit Milk	Vegetable Chili WW Buns Cauliflower & Green Beans Fresh Fruit Milk	Chicken Cacciatore Peas & Carrots Rice Fresh Fruit Milk	Pollock Fillets with Light Tomato Sauce Barley Mixed Vegetables Fresh Fruit Milk	WW Rotini Pasta with Meat Sauce Broccoli Fresh Fruit Milk
<b>PM SNACK</b>	Cottage Cheese Breadsticks Frozen Blueberries Water	Soft Mozzarella Cheese & Melba Toast (60% WW) Fresh Fruit Water	Bean Dip Raw Veggies (Carrots, Cucumber)(Cooked Carrots for Toddlers and Infants) WW Pita Fresh Fruit Water	Hard Boiled Eggs Rice Cakes Fresh Fruit Water	Homemade Banana Flaxseed Bread(Egg Free) Fresh Fruit Milk
<b>Children with Special diets religious/allergy</b>	<b>Please see allergy list</b>				
<b>Adaptations</b>	Dairy Free Cottage Cheese from home	WW Melba Toast with Wow Butter	Tofu Cacciatore Plain Toast	Plain Toast(Dairy) Beans with barley (veggie option) Cream Cheese with Rice Cakes (Egg Allergy)	Cream cheese-Soy Mixed Beans in Tomato Sauce (Vegetarian)
<b>Late pick up snack after 5.30</b>	WW Crackers	Breadsticks	Rice Cakes	Breadsticks	WW Crackers
<b>Children with Special diets religious/allergy</b>	<p>We serve Apples, Bananas, Oranges, Melons, frozen berries as our fruit, see kitchen for fruit served on specific days</p> <p>We use dried beans in our recipes and whole wheat flour for baking, no added sugar</p> <p>See classroom for individual allergies / allergy / diet restrictions</p> <ul style="list-style-type: none"> <li>Parents will be requested to provide dairy alternatives</li> </ul> <p>Water available at all time</p>				

**CRECHE MENU - WEEK TWO**

**Fall 2022**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Bran Cereal with Milk Fresh Fruit	WW English Muffins with Cream Cheese Fresh Fruit Milk	Egg Free Banana Pancakes With Fresh Fruit Milk	Cottage Cheese WW Toast Frozen Blueberries Milk	Egg Cups & WW Toast Fresh Fruit Milk
<b>LUNCH</b>	Salmon Pasta Green Beans & Cauliflower Fresh Fruit Milk	Puree Lentil Sauce with Roasted Red Peppers and Spinach Served with Rice Mixed Vegetables Fresh Fruit Milk	Homemade Beef Sliders WW Dinner Rolls Peas & Carrot Fresh Fruit Milk	Minestrone Soup with WW Pasta(Carrots, Green Beans, etc) WW Crackers Fresh Fruit Milk	Cheese Pizza with Shredded Tofu Raw Veggies (Cucumbers and Baby Carrots) (Cooked Carrots for Toddlers) Fresh Fruit Milk
<b>PM SNACK</b>	Plain Yogurt Breadsticks Frozen Blueberries Water	Shreddies Fresh fruit Water	WW Pita with Hummus Fresh Fruit Water	Cheese & WW Pita Pockets Fresh Fruit Water	Wow Butter with Melba Toast (60 % WW) Fresh Fruit Water
<b>Children with Special diets religious/allergy</b>	<b>Please see allergy list</b>				
<b>Adaptations</b>	Dry Cereal Sautéed Tofu (Vegetarian) (Fish Allergen) Dairy Free Yogurt from home	WW English Muffins with Wow Butter(Dairy) Dry Cereal(Dairy)	Bean Patty (Vegetarian) Breadsticks with Bean Dip(Dairy)	Dairy Free Cottage Cheese WW Pita Pockets with Wow Butter(Dairy) Dairy Free Cheese	WW Toast with Cheese Sticks (Egg Allergy) Pizza with Tofu and Sauce(Dairy Free) Tofu free-soy allergy Cream Cheese-Soy allergy
<b>Late pick up snack after 5.30</b>	WW Crackers	Breadsticks	Rice Cakes	WW Crackers	Breadsticks
<b>Children with Special diets religious/allergy</b>	<p align="center">We serve Apples, Bananas, Oranges, Melons, frozen berries as our fruit, see kitchen for fruit served on specific days</p> <p align="center">We use whole wheat flour for baking, no added sugar</p> <p align="center">See classroom for individual allergies / allergy / diet restrictions</p> <ul style="list-style-type: none"> <li align="center">• Parents will be requested to provide dairy alternatives</li> </ul> <p align="center">Water available at all time</p>				

**CRECHE MENU - WEEK THREE**

**Fall 2022**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	<b>WW English Muffins With Wow Butter Fresh Fruit Milk</b>	<b>French Toast Fresh Fruit Milk</b>	<b>Bran Cereal with Milk Fresh Fruit</b>	<b>Warm Oatmeal Fresh Fruit Milk</b>	<b>Homemade Zucchini Bran Muffins Fresh Fruit Milk</b>
<b>LUNCH</b>	<b>Lentil, Barley Mixed Vegetable (Carrots, Green Beans etc) Soup WW Crackers Fruit Milk</b>	<b>Pizza English Muffins Cucumbers and Carrots(Cooked Carrots for Toddlers and Infants) Fresh Fruit Milk</b>	<b>Ground Beef Stir Fry Polenta Sticks Carrots &amp; Peas Fresh Fruit Milk</b>	<b>WW Spaghetti With Meatballs Mixed Vegetables Fresh Fruit Milk</b>	<b>Vegetarian Chili Brown Rice Broccoli Fresh Fruit Milk</b>
<b>PM SNACK</b>	<b>Plain Yogurt Rice Cakes Fresh Fruit Water</b>	<b>Hard Boiled Eggs WW Toast Fresh Fruit Water</b>	<b>Cottage Cheese Breadsticks Frozen Blueberries Water</b>	<b>Warm Cheese Biscuits Fresh Fruit Water</b>	<b>WW Pita with Hummus Fresh Fruit Water</b>
<b>Children with Special diets religious/allergy</b>	<b>Please see allergy list</b>				
<b>Adaptations</b>	<b>Cream cheese for soy allergy Rice Cakes with Dairy Free Yogurt</b>	<b>WW Toast with Cream Cheese(Egg Allergy) Dairy Free Cheese Cheese Sticks (Egg Allergy)</b>	<b>Dry Cereal(Dairy) Mixed Beans in Tomato Sauce (Vegetarian) Dairy Free Cottage Cheese</b>	<b>Sautéed Tofu (Vegetarian &amp; Dairy) Plain Biscuit(Dairy)</b>	<b>N/A</b>
<b>Late pick up snack after 5.30</b>	<b>WW Crackers</b>	<b>Breadsticks</b>	<b>Rice Cakes</b>	<b>WW Crackers</b>	<b>Breadsticks</b>
<b>Children with Special diets religious/allergy</b>	<p align="center"><b>We serve Apples, Bananas, Oranges, Melons, Frozen Berries as our fruit, see kitchen for fruit served on specific days</b></p> <p align="center"><b>We use whole wheat flour for baking, no added sugar</b></p> <p align="center"><b>See classroom for individual allergies / allergy / diet restrictions</b></p> <ul style="list-style-type: none"> <li align="center">• <b>Parents will be requested to provide dairy alternatives</b></li> </ul> <p align="center"><b>Water available at all time</b></p>				

**CRECHE MENU - WEEK FOUR**

**Fall 2022**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Warm Oatmeal Fruit Milk	Mini Wheats (Low/ Sugar Free) with Milk Fresh Fruit	WW English Muffins with Cream Cheese Fruit Milk	Oatmeal Pancakes (Egg Free) Fresh Fruit Milk	WW Toast with Wow Butter Fresh fruit Milk
<b>LUNCH</b>	Cheese Ravioli with Pureed Tofu Sauce Peas and Carrots Fresh Fruit Milk	Taco Soup WW Dinner Roll Fresh Fruit Milk	Spicy Jerk Chicken with Couscous Green Beans /Cauliflower Fresh Fruit Milk	Bean & Cheese WW Tortilla Wraps Mixed Vegetables (Green Beans, Carrots etc) Fresh Fruit Milk	Oven Baked Pollock Fillets Broccoli Barley Fresh Fruit Milk
<b>PM SNACK</b>	Plain Yogurt Breadsticks Fresh Fruit Water	Hard Boiled Eggs WW Pita Fresh Fruit Water	Cottage Cheese WW Crackers Frozen Blueberries Water	Bran Cereal Water Fruit	Veggies (Cucumber, Carrots) (Cooked Carrots for Toddlers and Infants) Bean Dip WW Pita Bread Water
<b>Children with Special diets religious/allergy</b>	<b>Please see allergy list</b>				
<b>Adaptations</b>	No tofu-soy allergy Shell Pasta with Tofu Puree (Dairy) Dairy Free Yogurt	Dry Cereal(Dairy) Taco Soup with Black Beans(Vegetarian) Cheese Stick (Egg Allergy)	WW English Muffins with Wow Butter(Dairy) Beans with couscous Dairy Free Cottage cheese	Bean Mix with WW Tortilla(Dairy)	Cream cheese-soy allergy Baked Tofu (Fish Allergy and Vegetarian)
<b>Late pick up snack after 5.30</b>	WW Crackers	Breadsticks	WW Crackers	Rice Cakes	Breadsticks
<b>Children with Special diets religious/allergy</b>	<p align="center">We serve Apples, Bananas, Oranges, Melons, Frozen Berries as our fruit, see kitchen for fruit served on specific days</p> <p align="center">We use whole wheat flour for baking, no added sugar</p> <p align="center">See classroom for individual allergies / allergy / diet restrictions</p> <ul style="list-style-type: none"> <li>• Parents will be requested to provide dairy alternatives</li> </ul> <p align="center"><b>Water available at all time</b></p>				