

**CRECHE MENU - WEEK ONE**

**November 2021**

	<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	Pollock Fillets with Light Tomato Sauce Brown Rice Mixed Vegetables Fresh Fruit Milk	Chicken Cacciatore Broccoli Rice Fresh Fruit Milk	Bean and Veggies Patties WW Buns Cauliflower & Green Beans 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-steamed, Cucumber) 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>	Dry Cereal(Dairy) Tofu in Light Tomato Sauce (Fish Allergy)	WW Melba Toast with Wow butter	Tofu Cacciatore	Plain Bread(Dairy) Cream Cheese with Rice Cakes (Egg Allergy)	Mixed Beans in Tomato Sauce (Vegetarian)
<b>Late pick up snack after 5.30</b>	<b>WW Crackers</b>	<b>Breadsticks</b>	<b>Rice Cakes</b>	<b>Breadsticks</b>	<b>WW Crackers</b>
<b>Children with Special diets religious/allergy</b>	<p>We serve Apples, Bananas and Oranges, Melons, Berries as our fruit, see kitchen for fruit served on specific days</p> <p>We use dried beans in most our recipes and whole wheat flour for baking, no added sugar</p> <p>See classroom for individual allergies / allergy / diet restrictions</p> <p align="center"><b>Water available at all time</b></p>				

**CRECHE MENU - WEEK TWO**

**November 2021**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Cottage Cheese WW Toast Frozen Blueberries Milk	WW English Muffins with Cream Cheese Fresh Fruit Milk	Egg Free Banana Pancakes with Fresh Fruit Milk	Square Cereal with Milk Fresh Fruit	Egg Cups & WW Toast Fresh Fruit Milk
<b>LUNCH</b>	Salmon Wraps Green Beans & Cauliflower Fresh Fruit Milk	Puree Lentil Sauce with Roasted Red Peppers and Spinach Served with Penne Rigate 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>	WW Pita with Hummus Fresh Fruit Water	Dry Cereal Fresh fruit Milk	Plain Yogurt Breadsticks Frozen Blueberries 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>	WW Toast with Wow Butter(Dairy) Sautéed Tofu (Vegetarian) (Fish Allergen)	WW English Muffins with Wow Butter(Dairy) Plain Cereal(Dairy)	Bean Patty (Vegetarian) Breadsticks with Bean Dip(Dairy)	Plain Cereal(Dairy) WW Pita Pockets with Wow Butter(Dairy)	WW Toast with Cheese Sticks (Egg Allergy) Pizza with Tofu and Sauce(Dairy free)
<b>Late pick up snack after 5.30</b>	WW Crackers	Breadsticks	Rice Cakes	WW Crackers	Breadsticks

**CRECHE MENU - WEEK THREE**

**November 2021**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	WW English Muffins With Wow Butter Fresh Fruit Milk	French Toast Fresh Fruit Milk	Bran Flakes with Milk Fresh Fruit	Warm Oatmeal Fresh Fruit Milk	Homemade Zucchini Bran Muffins Fresh Fruit Milk
<b>LUNCH</b>	Lentil, Barley Mixed Vegetable (Carrots, Green Beans etc) Soup WW Crackers Fruit Milk	Salmon Wrap on WW Tortillas Cucumbers and Carrots(Cooked Carrots for Toddlers and Infants) Fresh Fruit Milk	Ground Beef Stir Fry Polenta Sticks Carrots & Peas Fresh Fruit Milk	WW Spaghetti With Meatballs Mixed Vegetables Fresh Fruit Milk	Vegetarian Chili Brown Rice Broccoli Fresh Fruit Milk
<b>PM SNACK</b>	Plain Yogurt Rice Cakes Fresh Fruit Water	Hard Boiled Eggs WW Toast Fresh Fruit Water	Cottage Cheese Breadsticks Frozen Blueberries Water	Warm Cheese Biscuits Fresh Fruit Water	WW Pita with Hummus Fresh Fruit Water
<b>Children with Special diets religious/allergy</b>	<b>Please see allergy list</b>				
<b>Adaptations</b>	Rice Cakes with Bean Dip(Dairy)	WW Toast with Cream Cheese (Egg Allergy) Egg on WW English Muffin (Fish Allergy and Vegetarian) Tuna with WW English Muffins(Cheese Free) Cheese Sticks (Egg Allergy)	Plain Cereal(Dairy) Mixed Beans in Tomato Sauce (Vegetarian) Breadsticks with Bean Dip(Dairy)	Sautéed Tofu (Vegetarian & Dairy) Plain Biscuit(Dairy)	N/A
<b>Late pick up snack after 5.30</b>	WW Crackers	Breadsticks	Rice Cakes	WW Crackers	Breadsticks

**CRECHE MENU - WEEK FOUR**

**November 2021**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Warm Oatmeal Fruit Milk	Wheat squares 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 Brown Rice 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 Fresh Fruit Water	Bran Cereal Milk 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>	Shell Pasta with Tofu Puree (Dairy) Breadsticks with Bean Dip(Dairy)	Plain Cereal(Dairy) Taco Soup with Black Beans(Vegetarian) Cheese Stick (Egg Allergy)	WW English Muffins with Wow Butter(Dairy) Bean Patty (Vegetarian) WW Crackers with Bean Dip(Dairy)	Bean Mix with WW Tortilla(NO CHEESE) Plain Cereal(NO MILK)	Baked Tofu (Fish Allergy)
<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>We serve Apples, Bananas and Oranges, Melon and Berries as our fruit, see kitchen for fruit served on specific days</p> <p>We use whole wheat flour for baking, no added sugar</p> <p>See classroom for individual allergies / allergy / diet restrictions</p> <p align="center"><b>Water available at all time</b></p>				