

Daycare Meal Schedule – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken and Vegetable Pizza
4	5	6	7	8
Tomato Lentil Vegetable Soup Mild Cheddar, Diced Chicken, Multi Grain Bread	Quinoa, Sweet Potato and Black Beans with Vegetables DF	Beef Bolognese with Spaghetti and Roasted Vegetables	Bread Pudding with Chicken, Spinach and Caramelized Onions	Haddock and Potato Cakes with Garden Salad and Vinaigrette
11	12	13	14	15
Sweet Potato Coconut Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Chickpea and Vegetable Tagine, Couscous with Dried Fruit DF	Chicken Stew with Carrots, Peas and Potatoes	Pad Thai Style Salmon with Rice Noodles & Vegetables DF	Cheesy Beef and Black Bean Burritos with Salsa, Creamy Slaw
18	19	20	21	22
Family Day – Red Apron Closed	Bread Pudding with Mushrooms, Spinach and Cheese	Creamy Pasta Casserole with Tuna and Spinach	Curried Beef Stew with Potatoes, Peas and Carrots DF	Chicken and Vegetable Pizza
25	26	27	28	1
Sweet Potato Coconut Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Kidney Bean and Vegetable Chili with Rice DF	Braised Beef Shepherd's Pie with Peas & Corn	Pad Thai Style Chicken with Rice Noodles & Vegetables DF	Haddock and Potato Cakes with Garden Salad and Vinaigrette

Mondays – Soups and Chicken are dairy free.

Daily Seasonal Vegetable Platter (minimum three vegetables) with vegetable dip

Daily Seasonal Fruit Platter (minimum 3 fruits, bananas, oranges, berries, apples, mango, etc.)

Daily Whole Wheat Muffin, Loaf or Cookie