

Daycare Meal Schedule – March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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				Haddock, Salmon and Potato Cakes with Garden Salad and Vinaigrette
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 Stew with Potatoes, Carrots and Peas	Creamy Tuna Casserole with Broccoli, Peas and Tagliatelle	Chicken and Vegetable Pizza
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	Pad Thai Style Salmon with Rice Noodles & Vegetables DF	Braised Beef Shepherd's Pie with Peas & Corn	Cheesy Chicken and White Bean Burritos with Salsa, Creamy Slaw
18	19	20	21	22
Tomato Lentil Vegetable Soup Mild Cheddar, Diced Chicken, Multi Grain Bread	White Beans, Sundried Tomatoes, Feta, Artichokes and Egg Noodles	Beef Bolognese with Spaghetti and Roasted Vegetables	Chicken and Vegetable Fried Rice with Eggs and Green Onions DF	Salmon and Potato Cakes, Garden Salad and Vinaigrette
25	26	27	28	29
Sweet Potato Coconut Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Kidney Bean and Vegetable Chili with Rice DF	Harissa Chicken with Vegetables on Couscous with Dried Fruit DF	Creamy Pasta Casserole with Tuna, Peas and Spinach	Cheesy Beef and Black Bean Burritos with Salsa, Creamy Slaw

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