

Daycare Meal Schedule – April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Tomato Lentil Vegetable Soup Mild Cheddar, Diced Chicken, Multi Grain Bread	Quinoa, Sweet Potato and Black Beans with Vegetables DF	Pad Thai Style Salmon with Rice Noodles & Vegetables DF	Braised Beef Shepherd's Pie with Peas & Corn	Chicken and Vegetable Pizza
8	9	10	11	12
Sweet Potato Coconut Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Cheesy White Bean and Vegetable Burritos with Salsa, Creamy Slaw	Beef Bolognese with Fettuccini and Roasted Vegetables	Chicken and Vegetable Fried Rice with Eggs & Green Onions DF	Haddock and Potato Cakes with Garden Salad and Vinaigrette
15	16	17	18	19
Tomato Lentil Vegetable Soup Mild Cheddar, Diced Chicken, Multi Grain Bread	Cottage Lentil Pie with Roasted Vegetables and Cheesy Mashed Potatoes	Creamy Tuna Casserole with Diced Tomatoes and Peppers	Harissa Braised Beef, Rice Pilaf with Peas and Carrots DF	Daycares Closed
22	23	24	25	26
Daycares and Red Apron Red Apron Closed	Curried Chickpea Stew with Roasted Vegetables DF	Braised Beef Shepherd's Pie with Peas & Corn	Pad Thai Style Salmon with Rice Noodles & Vegetables DF	Cheesy Chicken and White Bean Burritos with Salsa, Creamy Slaw
29	30			
Sweet Potato Coconut Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Quinoa with White Beans, Cauliflower, Spinach, Cherry Tomatoes and Eggplant DF			

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