

Daycare Meal Schedule - May 2021

Monday*	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Tomato Lentil Vegetable Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Quinoa with Black Beans and Roasted Vegetables DF	Pad Thai Style Rice Noodles with Chicken and Roasted Vegetables DF	Beef with Harissa Sauce, Couscous with Roasted Vegetables and Dried Fruit DF	Salmon and Potato Cakes, Creamy Slaw
10	11	12	13	14
Tomato Lentil Vegetable Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	White Bean Ratatouille with Roasted Vegetables and Tomato Sauce DF	Lemon Curry Beef, Rice with Roasted Vegetables DF	Creamy Salmon Pasta with Roasted Vegetables	Chicken and Black Bean Burritos, Garden Salad with Vinaigrette
17	18	19	20	21
Tomato Lentil Vegetable Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread	Curried Chickpea Stew with Rice and Roasted Vegetables DF	Pad Thai Style Rice Noodles with Salmon and Roasted Vegetables DF	Braised Beef Shepherd's Pie with Peas and Carrots	Chicken and Vegetable Pizza
24	25	26	27	28
Victoria Day - Red Apron Closed - No Meals Provided	Vegetable Tagine with Harissa, Couscous with Dried Fruit and Chickpeas DF	Chicken Fried Rice with Eggs, Green Onions and Roasted Vegetables DF	Salmon, Roasted Vegetable and Rice Casserole DF	Beef and Black Bean Burritos, Garden Salad with Vinaigrette
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Tomato Lentil Vegetable Soup, Mild Cheddar, Diced Chicken, Multi Grain Bread				

*Mondays - Soups and Chicken are Dairy Free.

Daily Seasonal Vegetable Platter: Minimum three vegetables with dip

Daily Seasonal Fruit Platter: Minimum three fruits

Daily Whole Wheat Muffin, Loaf or Cookie