

Daycare Meal Schedule – November 2023

Monday*	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pad Thai Style Salmon with Veggies and Noodles (Dairy Free)	Braised Beef Shepherd's Pie	Chicken & Veggie Pizza
6	7	8	9	10
Diced Chicken, Bread, Cheese, Vegan Soup	Curried Chickpea & Vegetable Stew (Dairy Free)	Stir Fried Rice with Beef & Vegetables (Dairy Free)	Chicken Stew with Potatoes, Carrots, & Brussel Sprouts	Fish Cakes with Slaw
13	14	15	16	17
Diced Chicken, Bread, Cheese, Vegan Soup	Lentil & Veggie Ragout with Tomato Sauce (Dairy Free)	Creamy Chicken Casserole	Tuna Casserole with Rice and Veggies (Dairy Free)	Beef and Bean Burritos
20	21	22	23	24
Diced Chicken, Bread, Cheese, Vegan Soup	Harissa Vegetables with Couscous & Chickpeas (Dairy Free)	Beef Bolognese with Pasta Veggies and Parmesan	Chicken & Veggie Fried Rice (Dairy Free)	Chicken and Vegetable Pizza
27	28	29	30	1
Diced Chicken, Bread, Cheese, Vegan Soup	White Bean and Veggie Ragout	Lemon Curry Chicken with Rice and Vegetables	Ground Beef Shepherd's Pie	Salmon Cakes with Slaw

*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 Wheal Muffin, Loaf or Cookie