

# YW Childcare Menu | Week One

revised June 2021

	Mon	Tue	Wed	Thu	Fri
Morning Snack	<p><i>Crepes with Seed butter or WOW Butter Strawberries</i></p> <p> <i>Made with Dairy free milk</i></p>	<p><i>*Overnight Oats Canned Peaches</i></p> <p> <i>Made with Dairy Free milk</i></p>	<p><i>Fried Egg on Toast Fresh Seasonal Fruit</i></p> <p> <i>Tofu Scramble on Toast</i></p>	<p><i>*Yogurt Parfait, with berries</i></p> <p> <i>Coconut or soy yogurt</i></p>	<p><i>Cereal and Milk Fresh Seasonal Fruit</i></p> <p> <i>Dairy free milk</i></p>
Lunch	<p><i>Creamy Corn Chowder served with whole wheat bun Fresh Seasonal fruit</i></p> <p> <i>Made with Vegetable Broth</i></p>	<p><i>Chicken Veggie Sandwich with mayo, cuc., cheese Fresh Seasonal Fruit</i></p> <p> <i>Falafel Veggie Sandwich with Hummus &amp; Cucumber</i></p>	<p><i>Taco Bowls (ground beef, tomato sauce, red pepper, corn, black beans, salsa, cheese, greek yogurt) Cucumber, Taco chips</i></p> <p> <i>no meat sauce, Dairy free cheese</i></p>	<p><i>Pasta Casserole, (Bow Tie Pasta, peas carrots, Cheese) Fresh Seasonal Fruit</i></p> <p> <i>Pasta Salad (Bow Tie Pasta, Vegetables, Chickpeas)</i></p>	<p><i>*Chicken Bannock Pizza Fresh Seasonal Fruit</i></p> <p> <i>Vegetable Bannock Pizza with Dairy Free cheese</i></p>
Afternoon Snack	<p><i>Yogurt, Fresh Seasonal Fruit</i></p> <p> <i>Coconut or soy yogurt</i></p>	<p><i>Cucumber, carrots, Hummus, Whole Wheat Cracker</i></p>	<p><i>Apple Slice "Cookies" (Apple Slices, Seed Butter, Dark Chocolate Shavings, Hemp Hearts)</i></p>	<p><i>Fresh Whole Wheat Pita, Tzatziki, Fresh Vegetables</i></p> <p> <i>Hummus</i></p>	<p><i>*Oatmeal Chocolate Chip Cookie, Cinnamon Yogurt ma</i></p> <p> <i>Coconut or soy yogurt</i></p>

- Children with allergies and/or food intolerances may provide alternatives from home.
- Milk offered at lunch - Water offered freely throughout day.
- Fresh Fruit will be offered based on what is in season and available. Check the childcare whiteboard for what fruit is offered each day.
- Foods prepared to a developmentally appropriate size and texture for infants.

 **Vegan Option**

\* Meals children may help to prepare.



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	Mon	Tue	Wed	Thu	Fri
<b>Morning</b>	<i>English Muffin Scrambled Eggs Fresh seasonal fruit</i>	<i>Cinnamon Yogurt Fresh Apple Slices</i>	<i>Breakfast pancakes With Fruit Compote</i>	<i>Whole Grain Cereal Milk Fresh seasonal fruit</i>	<i>Carrot Apple Muffins Fresh Seasonal Fruit</i>
<b>Snack</b>	 <i>Tofu Scramble</i>	 <i>Coconut or soy yogurt</i>	 <i>made with Dairy free milk</i>	 <i>Dairy Free milk</i>	
<b>Lunch</b>	<i>Chicken Alfredo Penne Assorted Veggie sticks</i>  <i>Grilled Tofu Pesto Penne</i>	<i>Vegetable Rice Chickpea Soup with Bun Fresh Seasonal Fruit</i> 	<i>Beef Bean Veggie Chili served with Bun Fresh Seasonal Fruit</i>  <i>Vegetable Chili (Omit Yogurt)</i>	<i>Egg Salad Sandwich Fresh Seasonal Fruit</i>  <i>Chickpea Cold 'Chicken' Salad</i>	<i>Greek Meatballs, Cucumber/Tomato/Pepper Greek Salad Roasted potatoes</i>  <i>Falafels</i>
<b>Afternoon Snack</b>	<i>Fruit Salad Yogurt</i>  <i>Coconut or soy yogurt</i>	<i>Croissants Fresh Seasonal Fruit</i>  <i>Vegan croissant</i>	<i>Protein Coconut Clusters Yogurt</i>  <i>Coconut or soy yogurt</i>	<i>Veggie Sticks and dill dip Whole grain crackers</i>  <i>Vegan dill dip</i>	<i>Yogurt Fruit Popsicle Arrowroot cookie</i>  <i>Coconut or soy yogurt</i>

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# YW Childcare Menu | Week Three

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	Mon	Tue	Wed	Thu	Fri
<b>Morning</b>	<i>Whole Wheat Bagel Crème Cheese Spread Fresh Seasonal Fruit</i>	<i>Breakfast Oatmeal Bar Fresh Seasonal Fruit</i>	<i>Oatmeal Thawed Frozen Berries</i>	<i>*Yogurt Parfait, berries</i>	<i>Whole Grain Cereal Milk Fresh Seasonal Fruit</i>
<b>Snack</b>	 <i>Vegan no dairy Crème Cheese Spread</i>	 <i>Veggie Tofu Scramble</i>	 <i>Made with Dairy Free milk</i>	 <i>Coconut or soy yogurt</i>	 <i>Dairy Free milk</i>
<b>Lunch</b>	<i>Mac &amp; Cheese, Green Peas &amp; Broccoli</i>  <i>Vegan Mac &amp; dairy free Cheese Green Peas &amp; Broccoli</i>	<i>Egg Salad and Tuna Salad Sandwich Cucumbers Fresh Seasonal Fruit</i>  <i>Chickpea Salad Sandwich</i>	<i>Mini Chicken Pot Pie Fresh Seasonal Fruit</i>  <i>Mini Veggie Pot Pie</i>	<i>Nut Free Spinach &amp; Basil Pesto Pasta Casserole Fresh Seasonal Fruit</i> 	<i>Ground beef and Vegetable Stew Whole wheat rolls Fresh seasonal fruit</i>  <i>Bean and vegetable stew</i>
<b>Afternoon Snack</b>	<i>Yogurt, Fresh Seasonal Fruit</i>  <i>Coconut or soy yogurt</i>	<i>Chocolate Zucchini Muffins Yogurt</i>  <i>Coconut or soy yogurt</i>	<i>Fresh Whole Wheat Pita, Tzatziki, Fresh Vegetables</i>  <i>Hummus</i>	<i>Cucumber Slices with Veggie Dip</i>  <i>Dairy Free Dip</i>	<i>Animal Crackers With Yogurt</i>  <i>Coconut or soy yogurt</i>

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# YW Childcare Menu | Week Four

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<b>Morning</b>	<i>English Muffin Scrambled Eggs Fresh Seasonal Fruit</i>	<i>French Toast Sticks Fruit compote</i>	<i>Cereal and Milk Fresh Seasonal Fruit</i>	<i>Berry &amp; Quinoa Muffin Yogurt</i>	<i>*Overnight Oats with Canned Peaches</i>
<b>Snack</b>	 <i>Tofu Scramble</i>	 <i>Vegan French Toast</i>	 <i>Dairy free milk</i>	 <i>Coconut or soy yogurt</i>	 <i>Made with Dairy Free milk</i>
<b>Lunch</b>	<i>Beef Tomato Sauce with Whole Wheat Spaghetti Fresh Seasonal Fruit</i>  <i>Lentil Tomato Sauce with Whole Wheat Spaghetti</i>	<i>Tomato Soup with Grilled Cheese Sandwich Carrot and Cucumber slices</i>  <i>grilled dairy free cheese sandwich</i>	<i>Homemade Chicken Nuggets with Sweet Potato and Potato Wedges Fresh Seasonal Fruit</i>  <i>Vegan Chicken Nuggets</i>	<i>Homemade Fish Tacos Fish, tortilla, lettuce, tomato, sweet peppers, sour cream</i>  <i>Black bean tacos</i>	<i>Potato and Veggie Samosas Rice Mixed Vegetables</i>  <i>Vegan Samosas</i>
<b>Afternoon Snack</b>	<i>Croissants Fresh Seasonal Fruit</i>  <i>Vegan Croissant</i>	<i>*Oatmeal Chocolate chip Cookie, Cinnamon Yogurt</i>  <i>Coconut or soy yogurt</i>	<i>*Protein Coconut Clusters Fresh Seasonal Fruit</i>  <i>Vegan Croissant</i>	<i>Banana Bread Fresh Seasonal Fruit</i>  <i>Vegan Banana Bread</i>	<i>Whole Wheat Crackers Cheese Slices</i>  <i>Dairy Free Cheese</i>

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