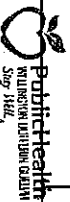


MENU Week 1

Winter 2020/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Seasonal Fruit *Cinnamon Raisin Toast *Water	*Seasonal Fruit *Blueberry Waffles *Water	*Seasonal Fruit * WW Pumpkin Bread *Water	*Applesauce *Bran Buds *Water	*Seasonal Fruit *WW Carrot Muffins *Water
LUNCH	*Chickpea Curry *Brown Rice *Cooked carrots and peas *Milk *Seasonal Fruit	*Tuna Casserole (with spinach and carrots) * Assorted bell peppers *Milk *Seasonal Fruit	*Alphabet Soup (with ground beef, carrots, peas, tomatoes, parsley and noodles) *Cucumbers *Whole grain soup crackers *Milk *Seasonal Fruit	*Breaded Chicken Strips *Quinoa Salad *Roasted Broccoli and Carrots * Milk *Seasonal Fruit	*Turkey Meatballs *Brown Rice *Cooked peas and carrots *Milk *Seasonal Fruit
PM SNACK	*WW Homemade Granola Bars *Seasonal Fruit *Milk	*Pumpkin Hummus with WW pita edges *Seasonal fruit *Milk	*Roasted Chickpeas <i>Infants & Todds - hummus and whole- wheat Pita</i> *Seasonal Fruit *Milk	*Whole Grain Crackers *Seasonal Fruit *Milk	*Brown Rice Cakes with No Nut Butter *Seasonal Fruit *Milk
Condiments Max 1 tbspp per child	AM Lunch- PM-	AM - Lunch- PM -	AM - Lunch PM-	AM - Lunch- ketchup PM	AM - Lunch- PM



Date: 17/120

Reviewed By: RW RD