

Small Wunders Child Care Centre
LUNCH MENU #1

Days of the Week	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cheerios with Milk Fresh Fruit Milk	Homemade Beef Vegetable Soup (made with beef shank squash,tomato,carrots,celery) Buttered Toast Milk Pears	Bananas with Graham Wafers Water
TUESDAY	Carrot Muffins Fresh Fruit Milk	Spaghetti with Meat Sauce Assorted Veggies Milk Apples	Grapes with Digestive Cookies Water
WEDNESDAY	Hard Boiled Eggs Fresh Fruit Milk	Tuna Sandwiches (whole wheat bread, tuna with mayonnaise) Green Beans Milk Bananas	Greek Yogurt with Arrow Root Cookie Juice
THURSDAY	English Muffins w/ Cream Cheese Fresh Fruit Milk	Vegetarian Chili (red kidney beans, green/red peppers,carrots,corn) Rice w Peas Milk Grapes	Cheese Cubes w/ Whole Wheat Crackers Water
FRIDAY	Toast with Jam Fresh Fruit Milk	Filet of Sole Mashed Sweet Potatoes Cucumber slices Oranges Milk	Homemade Zucchini Loaf Water

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LUNCH MENU #2

Days of the Week	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cheerios with Milk Fresh Fruit Milk	Vegetable Soup (squash,tomato,carrot,celery base, red kidney beans) Buttered Toast Green Pepper Slices Milk Cantalope	Grapes with Cheese Cubes Water
TUESDAY	Toast With Jam Fresh Fruit Milk	Hamburger Stew (ground beef,potatoes,mixed veggies) Red Pepper Slices Dinner Roll Milk Grapes	Whole Wheat Crackers with Red Pepper Hummus Spread Water
WEDNESDAY	Homemade Oatmeal Fresh Fruit Milk	Lemon Tilapia with Brown Rice and Asparagus Tomato Wedges Apples Milk	Banana Bread Water
THURSDAY	Greek Yogurt with Pears Milk	Shepard's Pie (ground beef, mashed potatoes, corn) Caesar Salad Bananas Milk	Cantalope Slices w Digestive Cookies Water
FRIDAY	Cranberry Muffins Fresh Fruit Milk	Turkey/Apple/Swiss Cheese Sandwich Green Beans Oranges Milk	Pears with Mozzarella Cheese Sticks Water

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LUNCH MENU #3

Days of the Week	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cheerios with Milk Fresh Fruit Milk	Homemade Lentil Soup Whole Wheat Crackers Cucumber Slices Milk Pears	Apple w/ Cheese Cubes Water
TUESDAY	Homemade Oatmeal Fresh Fruit Milk	Spinach Couscous Chicken Burgers Carrot Sticks Milk Oranges	Bananas w Graham Wafers Water
WEDNESDAY	Blueberry Muffins Fresh Fruit Milk	Beefaroni Corn Cucumber slices Milk Grapes	English Muffins w/ cream cheese Water
THURSDAY	Yogurt w/ Bananas Milk	Egg Salad Sandwich Cauliflower Green Beans Milk Bananas	Zucchini Mini Muffins Water
FRIDAY	Jam Sandwiches Fresh Fruit Milk	Penne in a Tuna Tomato Sauce Broccoli Milk Apples	Whole Wheat Pita w Hummus Spread Water

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LUNCH MENU #4

Days of the Week	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cheerios with Milk Fresh Fruit Milk	Chicken Noodle Soup Buttered Toast Green Pepper Slices Milk Apples	Whole Wheat Crackers w/ Cheese Cubes Water
TUESDAY	Waffles with Syrup Fresh Fruit Milk	Chicken Sandwiches Carrot Sticks Milk Oranges	Banana Bread Water
WEDNESDAY	English Muffins with Cream Cheese Fresh Fruit Milk	Spanish Rice (Yellow Rice w/ Beef Cutlets and Veggies) Milk Grapes	Greek Yogurt w/ Arrowroot Cookies Water
THURSDAY	Homemade Oatmeal Fresh Fruit Milk	Beef Chili (with red kidney beans,red/green peppers,tomatoes) Zucchini Slices Milk Bananas	Whole Wheat Pita w Tuna Spread Water
FRIDAY	Toasted Raisin Bread Fresh Fruit Milk	Rotini in a Feta Pesto Sauce Roasted Eggplant Wedges Milk Pears	Carrots/Celery/Edamame Beans w/ Ranch Dip Water <i>Infants - Yogurt w fresh fruit</i>

SMALL WUNDERS

CHILD

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