

**SMALL WUNDERS CHILD CARE CENTRE**  
**VEGETARIAN MENU #1**

<b>Days of the week</b>	<b>A.M. SNACK</b>	<b>LUNCH</b>	<b>P.M SNACK</b>
<b>MONDAY</b>	Cheerios w/ Milk Fresh Fruit Milk	Vegetable Soup (made with squash,tomato, carrots,celery, red kidney beans) Buttered Toast Milk Pears	Bananas w/ Graham Crackers Water
<b>TUESDAY</b>	Carrot Muffins Fresh Fruit Milk	Spaghetti in tomato sauce Asst'd Veggies Edamame Beans Milk Apples	Grapes w/ Digestive Cookies Water
<b>WEDNESDAY</b>	Hard Boiled Eggs Fresh Fruit Milk	Tuna Sandwiches (whole wheat bread,tuna with mayonnaise) Green Beans Milk Bananas	Greek Yogurt w/ ArrowRoot Cookies Water
<b>THURSDAY</b>	English Muffins w/ Cream Cheese Fresh Fruit Milk	Vegetarian Chili (red kidneybeans green/red peppers, carrots,com) Rice w Peas Milk Grapes	Cheese Cubes w/ Whole Wheat Crackers Water
<b>FRIDAY</b>	Toast w/ Jam Fresh Fruit Milk	Filet of Sole Mashed Sweet Potatoes Cucumber Slices Milk Oranges	Homemade Zucchini Loaf Water

**SMALL WUNDERS CHILD CARE CENTRE**  
**VEGETARIAN MENU #2**

<b>Days of the week</b>	<b>A.M. SNACK</b>	<b>LUNCH</b>	<b>P.M SNACK</b>
<b>MONDAY</b>	Cheerios w/ Milk Fresh Fruit Milk	Vegetable Soup made with squash,tomato, carrots,celery, red kidney beans Buttered Toast Green Pepper Slices Milk Cantalope	Grapes w/ Cheese Cubes Water
<b>TUESDAY</b>	Greek Yogurt w/ Pears Milk	Vegetable Stew (potatoes,carrots,peas,corn, green/wax beans, celery) Red Pepper Slices Dinner Roll Milk Grapes	Whole Wheat Crackers w/ Red Pepper Hummus Water
<b>WEDNESDAY</b>	Homemade Oatmeal Fresh Fruit Milk	Lemon Tilapia Brown Rice Asparagus Tomato Wedges Milk Apples	Banana Bread Water
<b>THURSDAY</b>	Toast w/ Jam Fresh Fruit Milk	Shepard's Pie ( mashed potatoes ,corn) Chickpea Salad Milk Bananas	Cantalope Slices w/ Digestive Cookies Water
<b>FRIDAY</b>	Cranberry Muffins Fresh Fruit Milk	Hummus/Apple/Swiss Cheese Sandwich Green Beans Milk Oranges	Pears w/ Mozzarella Cheese Sticks Water

**SMALL WUNDERS CHILD CARE CENTRE**  
**VEGETARIAN LUNCH MENU # 3**

<b>Days of the week</b>	<b>A.M SNACK</b>	<b>LUNCH</b>	<b>P.M. SNACK</b>
<b>MONDAY</b>	Cheerios w/ Milk Fresh Fruit Milk	Homemade Lentil Soup Whole Wheat Crackers Cucumber Slices Milk Pears	Apples w/ Cheese Cubes Water
<b>TUESDAY</b>	Homemade Oatmeal Fresh Fruit Milk	Spinach Couscous Chickpea Salad Carrot Sticks Milk Oranges	Bananas w/ Graham Wafers Water
<b>WEDNESDAY</b>	Blueberry Muffins Fresh Fruit Milk	Elbow Noodles w/ Tomato Sauce Corn and Edamame Beans Cucumber Slices Milk Grapes	Whole Wheat English Muffins w/ Cream Cheese Water
<b>THURSDAY</b>	Greek Yogurt w/Bananas Milk	Egg Salad Sandwich Cauliflower Green Beans Milk Bananas	Zucchini Mini Muffins Water
<b>FRIDAY</b>	Jam Sandwiches Fresh Fruit Milk	Penne in a Tuna Tomato Sauce Broccoli Milk Apples	Whole Wheat Pita w/ Hummus Spread Water

**SMALL WUNDERS CHILD CARE CENTRE**  
**VEGETARIAN LUNCH MENU #4**

<b>Days of the week</b>	<b>A.M SNACK</b>	<b>LUNCH</b>	<b>P.M. SNACK</b>
<b>MONDAY</b>	Cheerios w/ Milk Fresh Fruit Milk	Vegetable Noodle Soup (carrot,squash,celery, tomato, red kidney beans) Buttered Toast Green Pepper Slices Milk Apples	Whole Wheat Crackers w/ Cheese Cubes Water
<b>TUESDAY</b>	Waffles w/ Syrup Fresh Fruit Milk	Hummus/Apple/ Swiss Cheese Sandwiches Carrots Sticks Milk Oranges	Banana Bread Water
<b>WEDNESDAY</b>	Whole Wheat English Muffins w/ Cream Cheese Fresh Fruit Milk	Spanish Rice (Yellow rice w/ Mixed veggies) Edamame Beans Milk Grapes	Greek Yogurt w/ Arrowroot Cookies Water
<b>THURSDAY</b>	Homemade Oatmeal Fresh Fruit Milk	Vegetarian Chili (red kidney beans,red/green peppers,tomatoes) Zucchini Slices Milk Bananas	Whole Wheat Pita w/ Tuna Spread Water
<b>FRIDAY</b>	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 - Greek Yogurt w/ fresh fruit</i>