



SPRING/SUMMER MENU

Week 2	AM Snack	Lunch	2:30 Snack	4:00 Snack
Mon	Whole wheat croissants Fresh black berries 1 cup of milk Jug of water 	Homemade chicken curry (potatoes, onions, garlic, olive oil, sea salt) Basmati rice Fresh steamed broccoli Carrot salad (shredded carrots, fresh corn nibs, red peppers, cucumbers) Fresh orange slices 1 cup of milk Jug of water	Fresh apple slices Jug of water	Digestive cookies Fresh cucumber, baby carrots, cauliflower Jug of water
Tues	Homemade banana bread (flour, butter, eggs, cinnamon) Orange slices 1 cup of milk Jug of water	Homemade oven baked macaroni and cheese (cheddar cheese, milk, and soft tofu, onions) whole wheat sliced bread Steamed carrots (frozen) Spinach salad (baby spinach, plum tomatoes, shredded carrots) Fresh cantaloupe slices 1 cup of milk Jug of water	Baby carrots Jug of water	Homemade egg salad sandwiches on rye bread Fresh watermelon slices Jug of water
Wed	Homemade pancakes Fresh blueberries 1 cup of milk Jug of water	Oven baked beef burgers Whole wheat buns Quinoa salad (roasted red peppers, squash, tomatoes) Fresh steamed baby carrots Fresh red grapes 1 cup of milk Jug of water	Fresh orange slices Jug of water	Fresh homemade vegetable spread (cream cheese, baby spinach, parsley, carrots) Whole wheat mini bagels Fresh apple slices Jug of water
Thurs	Homemade cheddar biscuits (flour, cheddar cheese, milk, butter, sea salt) Fresh banana 1 cup of milk Jug of water	Assorted sub sandwiches (turkey, chicken, mozzarella cheese) Steamed beans (frozen) Garden salad (romaine lettuce, baby kale, cucumbers, shredded carrots) Red plums 1 cup of milk Jug of water	Fresh apple slices Jug of water	Homemade hummus (tahini, garlic, chick peas, cumin) Triscuit crackers Fresh orange pepper Jug of water
Fri	Whole wheat English muffins Sour cream Fresh blueberries, strawberries, raspberries 1 cup of milk Jug of water	Oven baked sole fillet (breaded) Fresh homemade mashed potatoes (sweet potatoes, white potatoes, squash) rye sliced bread Fresh Steamed cauliflower Fresh garden salad (mixed lettuces, cucumber, shredded cabbage, shredded carrots) Fresh bananas 1 cup of milk Jug of water 	Fresh orange slices Jug of water	Homemade - no egg - no dairy - peach loaf (fresh peach slices, flour, milk, butter, sugar) Red pepper slices Jug of water

Substitutions Vegetarians: firm tofu, meatless ground beef, and lentils. No egg, no dairy: will not use egg or dairy in ingredients, e. g., will serve unbreaded fish rather than breaded fish. Gluten-free: will serve gluten-free breads and other products. Children's Circle Daycare's menus are reviewed annually by a dietician/nutritionist.

Extra snacks of fruit, crackers or cereals are served as required.