

CHILDREN'S CIRCLE DAYCARE OF ST. BARNABAS, WINTER MENU, 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	All Bran cereal Royal Gala apple slices* Milk and water *Infants, Toddlers, diced apple	Hot oatmeal cereal served with milk Fresh blueberries* Milk and water *Infants, Toddlers, diced blueberries	Melba toast* Served with apple butter spread Fresh orange slices** Milk and water *Infants, Toddlers, whole wheat bread **Infants, Toddlers, diced orange	Whole wheat tortilla wrap served with Cream cheese spread Granny Smith apples slices* Milk and water *Infants, Toddlers, diced apple	Homemade carrot loaf Apple sauce with cinnamon Fresh green pears slices* Milk and water *Infants, Toddlers, diced pear
Lunch	Vegetarian ground meat pasta sauce served on whole wheat penne pasta Grated parmesan cheese Red cabbage salad Steamed corn (frozen) Fresh Clementine orange slices* Milk and water *Infant, Toddlers, diced orange	Oven-baked chicken burgers* Served on a whole wheat bun Roasted red pepper quinoa salad Steamed green peas (frozen) Cauliflower trees** Fresh bananas*** Milk and water *Infants, Toddlers, diced chicken **Infants, Toddlers, blanched, diced cauliflower trees ***Infants, Toddlers, diced banana	Alphabet summer vegetable turkey soup (turkey, carrots, celery, squash, parsley) Whole wheat sliced bread with Chicken breast spread Fresh garden salad (romaine lettuce, plum tomatoes, carrots) Fresh red grapes* Milk and water *Infants, Toddlers, diced raspberries	Guyana-style beef stew (carrots, potatoes, onions, garlic, tomatoes) Served on steamed whole wheat couscous Steamed mixed vegetables (frozen) Cucumber slices Strawberries* Milk and water *Infants, Toddlers, diced strawberries	Homemade shake and bake chicken breasts* Served on basmati rice Romaine lettuce salad Fresh raspberries** Milk and water *Infants, Toddlers, diced chicken **Infants, Toddlers, diced raspberries
P.M. Snack	Fresh green pepper slices* Water *Infants, Toddlers, diced pepper	Fresh cucumber circles* Water *Infants, Toddlers, blanched diced broccoli trees	Fresh Granny Smith apples* Water *Infants, Toddlers, diced apple	Fresh orange slices* Water *Infants, Toddlers, diced orange	Rice cakes Water
P.M. Snack	Homemade, Middle Eastern hummus spread (chickpeas, tahini, cumin ,garlic, lemon juice) Mini bagels Green pears slices* Water *Infants, Toddlers, diced pear	Whole grain Cheerios cereal served with Milk Honeydew melon slices* Water *Infants, Toddlers, diced honeydew melon	Boiled egg Multigrain bread with Margarine Broccoli trees* Water *Infants, Toddlers, diced and blanched broccoli trees	Plain rice cakes Served with Wow Butter spread (soy beans) Red pepper sticks* Water *Infants, Toddlers, blanched cauliflower trees	Homemade zucchini cheddar biscuits Fresh blueberries* Water *Infants, Toddlers, diced blueberries