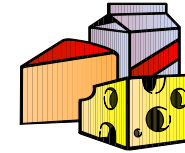
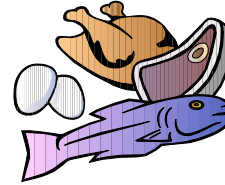
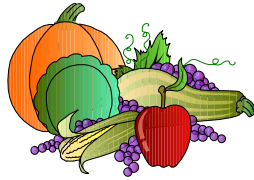
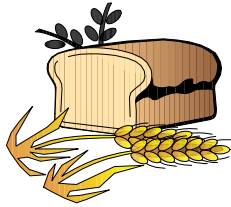


Hester How Early Learning Centre Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
 Morning Snack	Cereal with Organic Milk	Cheese and WG Crackers	Apple Sauce with WG Bread	Crunchy Rice Roll with Fresh Fruit	Vanilla Yogurt with Corn Bran
Lunch	Org GF WG Pasta Beef Meatballs* in Tomato Sauce Italian Salad (Inf/Todd: peas) Organic Milk Organic Fruit	Breaded Filet of Sole* Brown Rice Green Beans Organic Milk Organic Fruit	Chicken Teriyaki* Lo Mein Noodles Corn & Carrots Organic Milk Organic Fruit	Beef Fajitas* w Onions & Peppers on Tortilla Mexican Rice Tomatoes Organic Milk Org Fresh Fruit	Chicken Vegetable Noodle Soup Cheddar Cheese Sandwiches* Organic Milk Organic Fruit
Vegetarian*	Falafel in Tomato Sauce	Vegetarian Nuggets	Tofu Teriyaki	Beans w Onions & Peppers	Tofu Vegetable Noodle Soup
Afternoon Snack 	Fresh Veggies with Tofu Red Pepper Aioli	Swiss Cheese and Lavash Flax Honey Thins	Frozen Fruit Yogurt Bar	WG Oatmeal Raisin Cookie & Fresh Fruit	WG Pineapple Bread Pudding
Late Snack	Crackers and/or fruit / veggies / loaf / muffins / bread (variety changes with availability) - - - - - >				

Menu does not contain Peanuts/Nuts/Pork

All food sourced locally, when available

Organic content

WW = Whole Wheat

WG = Whole Grain

*Vegetarian/Vegan Option Available

All chicken served is Halal (Vegetarian option for other meats)

Water/Soy Milk/Rice Milk are the alternative beverages to Milk, available for every snack and lunch.

Menus are catered by Organic Kids Catering and reviewed annually by a registered dietician.