

SUMMER MENU –BAMBINOS UNIVERSE

This menu will be in effect starting Monday May 3rd, until Friday, August 27th, 2021



There are no allergies existing in our ECC at this moment

Week 1 / semaine 1	Monday / lundi	Tuesday / mardi	Wednesday / mercredi	Thursday / jeudi	Friday / vendredi
Snack / Collation am	Watermelon & Milk (3.25%)	Grapes & Milk (3.25%)	Kiwi & Milk (3.25%)	Banana & Milk (3.25%)	Cantaloupe & Milk (3.25%)
Lunch / Dîner	Whole wheat Tuna Wrap served with a garden salad Fruit of the day & Milk (3.25%)	Mexican salad (lettuce, hamburger, tomatoes topped with shredded cheese) served with Oven baked whole wheat Tortilla chips Fruit of the day & Milk (3.25%)	Whole wheat chicken and pepper quesadilla served with a Cucumber salad Fruit of the day & Milk (3.25%)	Garlic macaroni casserole mixed with mushrooms, peppers, chicken and tofu served with tomato and cucumber Fruit of the day & Milk (3.25%)	Chilli dog made with red kidney beans served with a Broccoli salad Carrots and red pepper sticks Fruit of the day & Milk (3.25%)
Snack / Collation pm	Cinnamon sauce & water	Whole grain bagel with cream cheese drizzled with maple syrup & Milk (3.25%)	Red peppers, broccoli, mushrooms and carrots & Milk (3.25%)	Fruit smoothies & Mixture of whole grain cereals & water	Rice cake & peanut butter & Milk (3.25%)
Week 2 / semaine 2	Monday / lundi	Tuesday / mardi	Wednesday / mercredi	Thursday / jeudi	Friday / vendredi
Snack / Collation am	Apple & Milk (3.25%)	Pear & Milk (3.25%)	Orange & Milk (3.25%)	Cantaloupe & Milk (3.25%)	Nectarine & Milk (3.25%)
Lunch / Dîner	Fish burger served with tartar sauce and cheese Garden salad Fruit of the day & Milk (3.25%)	Whole wheat Captain sub with quinoa salad Fruit of the day & Milk (3.25%)	Whole wheat chicken sandwich served with 3 beans salad Fruit of the day & Milk (3.25%)	Pasta salad mixed with tofu, celery and peppers served with a Whole wheat grilled cheese sandwich with apples slices, side dish cucumbers Fruit of the day & Milk (3.25%)	Pizza rolls with lentils, peppers, mushrooms and tofu served with a Cesar salad Fruit of the day & Milk (3.25%)
Snack / Collation pm	Homemade fruit popsicle & Water Homemade salsa with oven baked whole wheat pita & Milk (3.25%)	Crackers and cheese & water	Yellow pepper, cauliflower, radish, cucumber & Milk (3.25%)	Homemade salsa with oven baked whole wheat pita & Milk (3.25%)	Bagels with peanut butter & Milk (3.25%)
Week 3 / semaine 3	Monday / lundi	Tuesday / mardi	Wednesday / mercredi	Thursday / jeudi	Friday / vendredi
Snack / Collation am	Grapes & Milk (3.25%)	Cantaloupe & Milk (3.25%)	Orange & Milk (3.25%)	Honeydew melon & Milk (3.25%)	Apples & Milk (3.25%)
Lunch / Dîner	Salmon and garlic Croque-Monsieur (whole wheat English muffin) served with couscous salad and carrot and celery sticks Fruit of the day & Milk (3.25%)	Egg salad sandwiches served with Coleslaw and cucumbers Fruit of the day & Milk (3.25%)	Pasta arugula salad tossed with chicken, tomatoes, peppers, carrots, zucchini and beans served with Cheese cubes and cucumbers Fruit of the day & Milk (3.25%)	Beef burritos made with lentils served with a garden salad. Fruit of the day & Milk (3.25%)	Warm whole wheat Pasta casserole mixed with tomatoes, olives and tofu served with a spinach salad Fruit of the day & Milk (3.25%)
Snack / Collation pm	Cherry tomatoes, turnip, green pepper and celery & Milk (3.25%)	Homemade guacamole with Wheat crackers & Milk (3.25%)	Mini Ice cream cone & Milk (3.25%)	Yogurt with fruit and cereals & water	Oven baked tortillas with fruit salsa & Milk (3.25%)