

## BAMBINOS UNIVERSE DAYCARE SERVICE MENU

### WEEK - 1

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>SNACK</b>	Apple Milk (3.25%)	Grapes Milk (3.25%)	Orange Milk (3.25%)	Banana Milk (3.25%)	Kiwi Milk (3.25%)
<b>LUNCH</b>	Neptune salmon pâté served with Broccoli Cheese Fresh fruit Milk (3.25%)	Chicken and tofu stir fry served with 3 colored peppers over couscous. Cucumber and tomato slices Fresh fruit Milk (3.25%)	Whole wheat spaghetti, served with a tofu, vegetables sauce Garden salad Fresh fruit Milk (3.25%)	Beef and lentil Sheppard's pie Served with Whole wheat bread Fruit dessert Milk (3.25%)	Homemade Cream of broccoli soup, Whole wheat chicken sandwich served Fresh fruit Water
<b>SNACK</b>	Whole wheat bagel with peanut butter Milk (3.25%)	Homemade banana bread Milk (3.25%)	NAAN bread and greek dip Milk (3.25%)	Cheese cubes and whole wheat crackers Water	Pumpnickel bread and spinach dip Milk (3.25%)

### WEEK - 2

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>SNACK</b>	Apple Milk (3.25%)	Grapes Milk (3.25%)	Orange Milk (3.25%)	Banana Milk (3.25%)	Kiwi Milk (3.25%)
<b>LUNCH</b>	Homemade asparagus quiche served alongside white and sweet potatoes wedges. Tomatoes slices Whole wheat bread Fresh fruit Milk (3.25%)	Beef and lentil Sloppy Joe on a bun, served with a side of coleslaw and slices or red peppers. Cheese cubes Fresh fruit Milk (3.25%)	3 Colored pasta salad made with red beans, corn, green and red peppers. Red pepper, Celery and carrot sticks Fresh fruit Milk (3.25%)	Cabbage roll casserole served with vegetable rice and sliced cucumbers Fresh fruit Milk (3.25%)	Homemade vegetable soup (cauliflour, carrots, corn & tomatoes) Whole wheat Salmon sandwich Fruit dessert Milk (3.25%)
<b>SNACK</b>	Yogurt and whole wheat cereal Water	Homemade Zucchini bread Milk (3.25%)	Homemade salsa and oven baked wheat tortilla Milk (3.25%)	Raw vegetables: cherry tomatoes, broccoli, cucumbers & mushrooms Milk (3.25%)	Whole wheat crackers, cream cheese Water

### WEEK - 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Apple Milk (3.25%)	Grapes Milk (3.25%)	Orange Milk (3.25%)	Banana Milk (3.25%)	Kiwi Milk (3.25%)
<b>LUNCH</b>	Beef and lentil macaroni casserole served with yellow and green beans  Fruit dessert Milk (3.25%)	Chinese rice (tofu , onion, celery, green peppers and mushrooms within), served with whole wheat garlic bread and sliced tomatoes Fresh fruit Milk (3.25%)	Crab and veggie Pizza on naan bread served with a Caesar salad with homemade whole wheat croutons Fresh fruit Milk (3.25%)	Spinach tofu lasagna served with a Chef salad Fresh fruit Milk (3.25%)	Homemade Chicken noodle soup with a whole wheat Grilled cheese sandwich served with cucumbers and carrot sticks Fresh fruit Milk (3.25%)
<b>SNACK</b>	Italian whole wheat roll with cheese Milk (3.25%)	Homemade cereal bread Milk (3.25%)	Raw vegetables: green peppers, cauliflower, cucumbers & carrots Milk (3.25%)	Hard boiled egg with whole wheat english muffin Water	Snack bread with applesauce Milk (3.25%)

### WEEK - 4

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Apple Milk (3.25%)	Grapes Milk (3.25%)	Orange Milk (3.25%)	Banana Milk (3.25%)	Kiwi Milk (3.25%)
<b>LUNCH</b>	Multigrain fish served with tomato sauce noodles and hot veggies Side dish red peppers and celery Fresh fruit Milk (3.25%)	Whole wheat hot chicken and tofu sandwich served with mashed potatoes with peas and carrots. Fresh fruit Milk (3.25%)	Ham delight on rice vermicelli with steam broccoli and a whole wheat bread and sliced tomatoes Fresh fruit Milk (3.25%)	Whole wheat chicken pâté made with tofu, carrots, peas and potatoes served with a garden salad Fruit dessert Milk (3.25%)	Homemade mushroom & soft tofu, carrot and cucumber slices and Garlic bread Fresh fruit Water
<b>SNACK</b>	Homemade cretonne on whole wheat English muffin Water	Homemade raisin and oats granola bar Milk (3.25%)	Cottage cheese with fruits and whole wheat crackers Milk (3.25%)	Yogurt and whole wheat cereal Water	Homemade hummus on whole wheat snack bread Milk (3.25%)

## WEEK - 5

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Apple Milk (3.25%)	Grapes Milk (3.25%)	Orange Milk (3.25%)	Banana Milk (3.25%)	Kiwi Milk (3.25%)
<b>LUNCH</b>	Vegetable tofu Chilli served with Sliced whole wheat bread and cheese cubes Fresh fruit Milk (3.25%)	Beef and lentil meat loaf served with mashed potatoes and corn Whole wheat bread and sliced tomatoes Fruit dessert Milk (3.25%)	Chicken and tofu fajitas with red and green peppers served with Chef salad Fresh fruit Milk (3.25%)	Bassa fish in a cream sauce served with a side garden couscous salad, hot veggies and celery sticks. Fresh fruit Milk (3.25%)	Homemade tomato rice soup with whole wheat egg sandwich served with cucumber and carrot sticks Fresh fruit Milk (3.25%)
<b>SNACK</b>	Raisin bread and cream cheese Milk (3.25%)	Homemade carrot bread Milk (3.25%)	Raw vegetables: green peppers, carrots, cucumbers & turnip Milk (3.25%)	Italian dip with oven baked whole wheat pita Milk (3.25%)	Ham pâté on whole wheat crackers Water

**Depending the season, the costs, the availability of certain foods, and the task of offering an interesting variety on our menu here are examples of foods that could be offered to your child.**

**You will have to refer to the food bulletin board in the locker area to see the details of the daily menu.**

### **Bonne appétit!**

Water: Water is offered to the children throughout the whole day.

Fruit for dessert: Prune, pear, strawberry, blueberry, watermelon, nectarine, peach, mango, red and green grapes, pineapple, kiwi, apple, orange, banana, honey melon, cantaloupe, raspberries.

Variety of sliced bread: Whole wheat, 9 grains, «pumpernickel», rye, etc...