

SUMMER MENU –BAMBINOS UNIVERSE This menu will be in effect starting in May to August



Peanut allergy // Allergie aux arachides

Week 1 / semaine 1	Monday / lundi	Tuesday / mardi	Wednesday / mercredi	Thursday / jeudi	Friday / vendredi
Snack / Collation am	Apple & Milk (3.25%)	Pear & Milk (3.25%)	Kiwi & Milk (3.25%)	Banana & Milk (3.25%)	Nectarine & Milk (3.25%)
Lunch / Dîner	Garlic macaroni casserole mixed with mushrooms, peppers, chicken and tofu served with tomatoes and cucumber 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%)	Whole wheat Tuna Wrap served with a garden salad 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 & wow 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%)	Nectarine & Milk (3.25%)	Banana & Milk (3.25%)	Kiwi & Milk (3.25%)
Lunch / Dîner	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%)	Whole wheat Captain sub with quinoa salad 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%)	Fish burger served with tartar sauce and cheese Garden salad Fruit of the day & Milk (3.25%)	Whole wheat chicken sandwich served with 3 beans salad Fruit of the day & Milk (3.25%)
Snack / Collation pm	Homemade fruit popsicle & Water	Crackers and cheese & water	Bagels with wow butter & Milk (3.25%)	Yellow pepper, cauliflower, radish, cucumber, celery & Milk (3.25%)	Homemade salsa with oven baked whole wheat pita & Milk (3.25%)
Week 3 / semaine 3	Monday / lundi	Tuesday / mardi	Wednesday / mercredi	Thursday / jeudi	Friday / vendredi
Snack / Collation am	Apple & Milk (3.25%)	Nectarine & Milk (3.25%)	Kiwi & Milk (3.25%)	Banana & Milk (3.25%)	Pear & 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%)	Warm whole wheat Pasta casserole mixed with tomatoes, olives and tofu served with a spinach salad 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%)	Egg salad sandwiches served with Coleslaw and cucumbers Fruit of the day & Milk (3.25%)
Snack / Collation pm	Mini Ice cream cone & Milk (3.25%)	Oven baked tortillas with fruit salsa & Milk (3.25%)	Cherry tomatoes, turnip, green pepper and carrots & Milk (3.25%)	Yogurt with fruit and cereals & water	Babaganough – egg plant and chickpeas dip serve with Wheat crackers & Milk (3.25%)