



## ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

# MENU PLAN – WEEK 1

WEEK OF: Jan.12-16

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	Cereal and Milk	Toast and Jam  Milk	Fruit & yogurt  Milk	Bagels and Cream cheese  Milk	Applesauce and bread sticks  milk
<b>LUNCH</b>	Vegetable ABC Soup and egg sandwiches  Fresh Fruit  Water or milk	Salmon Loaf with rice and peas  Fresh Fruit  Water or milk	Beef Stroganoff with mash potato and corn  Fresh Fruit  Water or milk	Shake n Bake with noodles carrot coins  Fresh fruit  Water or milk	Hummus/Pita Cheese and cucumbers  Fresh Fruit  Water or milk
<b>PM SNACK</b>	Muffins and Milk  Water	Arrow Root & Melon  Water	Cheese and Crackers  Water	Cereal and milk  Water	Trail mix and raisins  Water

**NO PORK OR GELATIN IN THIS MENU**



## ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

# MENU PLAN – WEEK 2

WEEK OF: Jan.19-23

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	Cereal and Milk	English muffins and Jam  Milk	Fruit- frozen strawberries & yogurt  Milk	Eggs and Buns  Milk	Homemade Banana Loaf  Milk
<b>LUNCH</b>	Rice and Lentil soup with cucumbers  Fresh fruit  Water & milk	Chicken Quesadillas with sour cream  Celery Sticks  Fresh Fruit  Water & milk	Beef goulash and noodles  Veggies with dip  Fresh fruit  Water & milk	Quinoa salad and cream cheese wraps  Tomatoes  Fresh Fruit  Water & milk	Tuna A la King (peas/corns/carrots) and Bread  Fresh Fruit  Water & milk
<b>PM SNACK</b>	Cheese & crackers  Water	Nacho Chips and salsa  Water	Muffins/Milk  Water	Fresh Fruit /Crackers  Water	Apple Sauce/ Breadsticks  Water

**NO PORK OR GELATIN IN THIS MENU**

# MENU PLAN – WEEK 1

WEEK OF: Jan.26-30

LOCATION: Overbrook

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	Bagels and Cream Cheese	Apple Sauce and Breadsticks  Milk	Toast and Jam  Milk	Fruit- frozen & yogurt	Cereal and Milk
<b>LUNCH</b>	Stracciatella soup with crackers  Fruit  Water & milk	Shepherd's Pie  Water & milk	White Beans with Pasta and Creamy Sauce  Fresh Fruit  Water & milk	Balsamic Chicken with roasted potatoes and vegetables  Water & Milk	Tuna Melts with cucumbers & Tomatoes  Fruit
<b>PM SNACK</b>	Banana Loaf  Milk	Oranges and Graham crackers  Water	Cheese & crackers	Fruit and Arrow Root	Gold Fish and Raisins

**NO PORK OR GELATIN IN THIS MENU**



# ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

## MENU PLAN – WEEK 2

WEEK OF: Feb.2-6

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b>	Cereal and Milk	Toast and Jam  Milk	Frozen Fruit & yogurt  Milk		
<b>LUNCH</b>	Chicken Noodle Soup/Crackers  Fruit  Water & Milk	Grape Tomatoes Fruit  Water & milk	Cucumbers/Fruit  Water & milk	Mexican Round Up with rice and Carrot Coins	Water & milk
<b>PM SNACK</b>	Fruit and pretzels	Graham crackers, apples  Water	CLOSED AT 1pm  Water		

**NO PORK OR GELATIN IN THIS MENU**

# MENU PLAN – WEEK 1

**WEEK OF:** December 29-Jan 2

**LOCATION:** Overbrook

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	Fruit and Apple Sauce	Toast and Jam  Milk	Granola & yogurt  Milk	Homemade Muffins  Milk	Cereal and milk
<b>LUNCH</b>	Fruit	Beef Fried Rice  Fruit  Water & milk	Chickpea Chowder Soup crackers Fruit  Water & milk		Frittata with corn meal muffins  Fruit/veg  Water & milk
<b>PM SNACK</b>	Hummus and Pita bread	Cereal and milk			

**NO PORK OR GELATIN IN THIS MENU**

## MENU PLAN – WEEK 2

WEEK OF: January 5-9

LOCATION: Overbrook

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	Cereal and milk	Homemade biscuits and Jam  Milk	Granola & yogurt  Milk	Fruit with homemade oatmeal muffins  Milk	Cereal and Milk
<b>LUNCH</b>	Tomato Spinach Kidney bean Soup and salted crackers  Fruit  Water & Milk	Bulgoli Beef with Noodles and Peas  fruit  Water & milk	Chicken Bruschetta Bake  Veg/Fruit  Water & milk	Fresh Salmon with rice and Broccoli  Water & milk	Spicy Noodle salad with Tofu  Cucumbers fruit  Water & milk
<b>PM SNACK</b>	Pickles and cheese	Veggie chips and fruit	Banana and arrow roots	Orange and pretzels	Cream cheese wraps

**NO PORK OR GELATIN IN THIS MENU**