



ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

MENU PLAN – WEEK 1

WEEK OF: Week 1 & 2 sample

LOCATION: Carleton Heights CCC

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Hot oatmeal Cereal	Bagels with cream cheese	Assorted cereals with milk	Assorted cereals with milk	Hot oatmeal, cereal
	Water or milk	Water or milk	Water and milk	Water and milk	Water or milk
LUNCH	Chicken stir-fry, rice pilaf Fruit salad	Meatballs (5),noodles, green beans Zucchini bread	Chicken Fajitas, rice Yogurt	Vegetable and tofu quiche, garden salad Apple sauce	Pasta Salad, turkey wrap Apple sauce
	Veg. option: Tofu stir-fry	Veg. option: Veg. meatballs with tomato sauce	Veg. option: Vegetarian fajitas	Veg. option: Same as above	Veg. option: Hummus & cucumber sandwich
	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk
PM SNACK	Rice Cakes & Vegetables	Apples, cheese strings & crackers	Vegetable straws with dip	Vegetable straws & fresh fruit	Crackers & cheese slices
	Water	Water	Water	Water	Water

* The **Vegetarian Option** only has the main dish replaced; sides and snacks are same as for the non-vegetarian option, unless otherwise indicated.

*Meals are not prepared in a nut-free facility.

NO FISH/SEAFOOD, NUTS/PEANUTS, OR PORK IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF: _____

LOCATION: Carleton Heights CCC

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Yogurt cups & bananas Water or milk	Assorted cereals with milk Water or milk	Yogurt cups & fruit slices Water or milk	Mini muffins & apple sauce Water or milk	English muffins with spreads Water or milk
LUNCH	Macaroni with meat sauce, bun, garden salad Fresh fruit Veg option: Macaroni with tomato tofu Sauce Water or milk	Chicken fingers (3), roasted potatoes, raw vegetables Apple sauce Veg. option: Very milk veg. chili Water or milk	Meat ravioli, Bun, garden salad Yogurt Veg. options: Tofu stir-fry Water or milk	Chicken pot pie, hot vegetables Fresh fruit Veg. option: Tofu pot pie Water or milk	Mexican bean salad, cream cheese sandwich with cucumber slices Carrot bread Veg. option: Same as above Water or milk
PM SNACK	Nacho chips & salsa Water	Goldfish crackers & vegetables Water	Mini rice cakes & fresh fruit Water	Nacho chips & salsa Water	Baked pita chips & vegetables Water

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