



ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

MENU PLAN – WEEK 1

WEEK OF: Week 1 sample

LOCATION: Stittsville CC

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Oranges & Cereal Milk	Apples & crumpets Milk	Frozen Fruit & yogurt Milk	Blueberries & hot oatmeal Milk	Apple Sauce & graham crackers Milk
LUNCH	Chicken Stir-fry, Rice pilaf Fruit Salad Veg. option: Tofu stir-fry Water or milk	Meatballs (5) & noodles Green beans Zucchini bread Veg. option: Vegetarian meatballs with tomato sauce Water or milk	Chicken Fajita, rice Yogurt Veg. option: Vegetarian fajitas Water or milk	Vegetable & tofu quiche Garden salad Applesauce Veg. option: Same as above Water or milk	Minestrone Soup, Turkey wrap Fresh fruit Veg. option: Hummus & cucumber sandwich Water or milk
PM SNACK	Melon poppers Water	Pears & cookies Water	Veggies & dip, breadsticks Water	Fruit-watermelon & nutrigrain bars Water	Nachos & salsa Water

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

* The noodles used in our soups are egg and dairy-free.

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

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



ANDREW FLECK CHILD CARE SERVICES – LICENSED GROUP CARE

MENU PLAN – WEEK 2

WEEK OF: Week 2 sample

LOCATION: Stittsville CC

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Fruit – pears & cereal Milk	Fruit- melon & English muffins Milk	Fruit- frozen strawberries & yogurt Milk	Fruit- raspberries, toast & spread Milk	Fruit- berries, waffles & applesauce, yogurt Milk
LUNCH	Macaroni with meat sauce Bun, garden salad Fresh fruit Veg. option: Macaroni with tomato tofu sauce Water & milk	Chicken fingers (3), roasted potatoes Raw veggies Apple sauce Veg. option: Very mild vegetarian chili Water & milk	Meat ravioli Bun, garden salad Yogurt Veg. option: Tofu stir-fry Water & milk	Chicken pot pie Hot vegetables Fresh fruit Veg. option: Tofu pot pie Water & milk	Chicken noodle soup Cucumber & cream cheese sandwich Carrot bread Veg. option: Noodle soup, sandwich same as above Water & milk
PM SNACK	Cheese & crackers Water	Soya butter & graham crackers, apples Water	Pudding, bananas & cookies Water	Veggies & dip, crackers Water	Fruit- mango, pretzels Water

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