



Kids R Kids Early Learning Centre 4 week Rotating Menu
Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yogurt Fruit Cocktail (canned) Water	Cereal Milk Bananas Water	Tea Biscuits Margarine Fruit Puree	Carrot Loaf Apples Water	Veggie Soy Smoothie Crackers Water
Meatballs & Rice Meatballs Rice Sweet & Sour sauce Mixed veggies Milk	Corn Chowder with Chicken Corn Potatoes, Onion Carrots, Celery Red Peppers Chicken Bread and margarine Milk	Hamburger Goulash Hamburger Onion, Carrots Red & Green Peppers Diced Tomatoes Tomato sauce Cheese Whole Wheat Pasta Milk	Egg & Veggie Quiche Eggs, Peppers, Onion, Mushrooms, Grated Carrot, Spinach, Cheese, Soy Milk Nan Bread Margarine Milk	Tuna Melts & Tossed Salad Tuna Whole wheat English Muffins Mayo Mozza & Cheddar cheese Romaine Red & Green Peppers Tomatoes Cucumbers Italian Dressing Milk
Cheese Cubes Apples Water	Pumpkin Loaf Peaches (canned) Water	Hummus Veggie sticks Water	Pears Cereal Snack Mix Water	Wow Butter Bananas Tortillas Water



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Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheerios Milk Apples Water	Banana Loaf Pears (Canned) Water	Blueberry Muffins Applesauce Water	English Muffins Margarine Oranges Water	Fruit Smoothie (Yogurt, Fresh & Frozen Fruit) Graham Crackers Water
Spaghetti & Meat Sauce Whole Wheat Pasta Meat & Tomato Sauce with: Red & Green Peppers Mushrooms Grated Carrots Milk	Chicken Pot Pie Chicken Potatoes Onions Garlic Mixed Veggies Milk	Egg & Tuna Sandwiches Egg Tuna Whole Wheat Bread Fresh Veggie Sticks Milk	Quinoa Burgers with Peppers Quinoa Red, green Pepper Grated Carrots, Egg Sweet Potato Fry Whole Wheat Buns Milk	Vegetable Noodle Soup Lentils, Mix Veggies Onions, Garlic Egg Noodles Vegetable Broth Bread Margarine Milk

Peaches (Canned) Multigrain Crackers Water	Wow Butter Rice Cakes Fresh Fruit Water	Spinach Dip Carrots Sticks Crackers Water	Cereal Snack Mix Bananas Water	Lemon Loaf Oranges Slices Water
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Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rice Cakes Wow Butter Apples Water	Cranberry Loaf Peaches (Canned) Water	Bagels & Margarine Fruit Puree Water	Toast with Margarine Applesauce Water	Fresh Fruit Cereal with Milk Water
Sweet & Sour Chicken with Brown Rice Chicken Pineapple Sauce with Pineapple chunks Brown Rice Mixed Veggies Onions Garlic Milk	Fish tocos Haddock Wholewheat tortilla carrots , cucumbers, lettuce,tomatoes milk	Vegetable Pasta Casserole Bow Tie Pasta Tomato Sauce Carrots Celery Spinach Chickpeas Red & Green Peppers Cheddar & Mozzarella Cheese Milk	Shepherd's Pie Ground Beef Mashed Potatoes Mixed Veggies Onions Bread with Margarine Milk	Veggie Chilli Peppers, tomatoes, mix of beans, mushrooms, carrots, celery, rolls with margarine milk

Cheese Cubes Veggie sticks Crackers Water	Cereal Snack Mix Oranges Water	Yogurt Bananas Water	Veggie Soy Smoothie Crackers Water	Fruit Muffin Fruit Salad Water

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Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal With Milk Apples Water	English Muffins with Margarine Applesauce Water	Pumpkin Muffins Oranges Water	Melba Toast Wow Butter Bananas Water	Fruit Smoothie (Yogurt, Fresh Fruit & Frozen Fruit) Crackers Water
Sloppy Joes Hamburger Tomato Sauce Green Pepper Onion Seasoning Whole Wheat Bun Veggies sticks Milk	Fish Cakes With a side of Veggies Haddock Potatoes Onions Mixed Veggies Milk	Tomato Soup with grilled cheese Tomatoes tofu? Red peppers, carrots, celery Whole wheat bread Mozza and cheddar chee	Tofu Mac & Cheese with a side of Tossed Salad Whole Wheat Pasta Cheese Sauce Tofu Tossed Salad with Carrots, Cucumber, Red & Green Peppers Milk	Meat & Cheese Pizza with a side of Bean and Corn Salad Whole Wheat English Muffins Vegetable & Ground Beef Tomato Sauce Mozzarella & Cheddar Cheese Black Beans, Corn Milk
Soy Chocolate Pudding Fresh Fruit Water	Veggie Sticks Ranch Dip Pita Water	Fruit Cocktail (Canned) Crackers Water	Oatmeal Cranberry Cookies Fresh Fruit Water	Yogurt? Cottage Cheese Pineapple (Canned) Water

Shepherd's Pie

Ground Beef
Mashed Potatoes
Mixed Veggies
Onions
Bread with Margarine
Milk

Chicken Stir Fry

Chicken
Brown Rice
Peas, Carrots, Peppers
Corn, Onion Bean Sprouts
Garlic
Stir Fry Sauce
Milk