

WE CARE CHILDCARE MENU

**WEEK ONE**

<b>MEAL and TIME SERVED</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
BREAKFAST 8:30 AM TO 9:00 AM	FRENCH TOAST (alt YOGURT) FRESH FRUIT MILK	OMLETTE (alt YOGURT) MILK FRESH FRUIT	OATMEAL FRESH FRUIT MILK	CEREAL FRESH FRUIT WATER	YOGURT FRESH FRUIT MILK
LUNCH 11:30 AM TO 12:00 PM	BUCKWHEAT WITH CHICKEN AND VEGETABLES MILK	PASTA WITH BEEF AND GREEN PEAS IN TOMATO SAUCE FRESH VEGETABLES MILK	HOMEMMADE PIZZA FRESH VEGGIES MILK	BEEF STEW WITH POTATOES AND VEGETABLES MILK	CHICKEN WITH PASTA AND FRESH VEGGIES MILK
DINNER 3:00 PM TO 3:30 PM	VEGETABLE SOUP FRESH FRUIT WATER	CHICKEN AND SQUASH SOUP FRESH FRUIT WATER	TOMATO SOUP WITH BEANS FRESH FRUIT WATER	CHICKEN NOODLE SOUP FRESH FRUIT WATER	FISH SOUP FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

MOSTLY ORGANIC

SUBSTITUTIONS WILL BE POSTED ON THIS MENU



WE CARE CHILDCARE MENU

**WEEK TWO**

<b>MEAL and TIME SERVED</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
BREAKFAST 8:30 AM TO 9:00 AM	OATMEAL FRESH FRUIT MILK	CEREAL MILK FRESH FRUIT	OATMEAL FRESH FRUIT MILK	YOGURT FRESH FRUIT WATER	FRENCH TOAST (alt YOGURT) FRESH FRUIT MILK
LUNCH 11:30 AM TO 12:00 PM	CHICKEN WITH MILLET AND VEGETABLES MILK	BEEF STEW WITH PUMPKIN AND SWEET POTATOES FRESH VEGETABLES MILK	PASTA WITH CHECKEN BREAST FRESH VEGETABLES MILK	CHICKEN WITH BUCKWHEAT AND VEGETABLES MILK	BEEF WITH GREEN PEAS IN TOMATO SAUCE AND RICE FRESH VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	LENTIL SOUP FRESH FRUIT WATER	SALMON SOUP WITH RICE AND CELERY FRESH FRUIT WATER	QUINOA SOUP FRESH FRUIT WATER	PUREE SQUASH SOUP FRESH FRUIT WATER	NOODLE SOUP WITH SWEET POTATOES FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

MOSTLY ORGANIC

SUBSTITUTIONS WILL BE POSTED ON THIS MENU



WE CARE CHILDCARE MENU  
WEEK THREE

MEAL and TIME SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 AM TO 9:00 AM	CEREAL FRESH FRUIT MILK	OATMEAL FRESH FRUIT MILK	YOGURT FRESH FRUIT MILK	WAFFLES FRESH FRUIT WATER	OATMEAL FRESH FRUIT MILK
LUNCH 11:30 AM TO 12:00 PM	BEEF WITH RICE AND STEAMED VEGGIES MILK	CHEESY PASTA NOODLES FRESH VEGETABLES MILK	CHICKEN FINGERS WITH RICE FRESH VEGETABLES MILK	PASTA WITH GROUND BEEF IN TOMATO SAUCE FRESH VEGETABLES MILK	BAKED CHICKEN BREAST WITH STEAMED BROCCOLI FRESH VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	LENTIL SOUP FRESH FRUIT WATER	CHICKEN RICE SOUP WITH BROCCOLI AND CAULIFLOWER FRESH FRUIT WATER	CHICKEN NOODLE SOUP FRESH FRUIT WATER	SQUASH PUREE SOUP FRESH FRUIT WATER	FISH SOUP FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

MOSTLY ORGANIC

SUBSTITUTIONS WILL BE POSTED ON THIS MENU



WE CARE CHILDCARE MENU

**WEEK FOUR**

<b>MEAL and TIME SERVED</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
BREAKFAST 8:30 AM TO 9:00 AM	YOGURT FRESH FRUIT MILK	OATMEAL FRESH FRUIT MILK	WAFFLES APPLESAUCE MILK	BUCKWHEAT FRESH FRUIT WATER	CEREAL FRESH FRUIT MILK
LUNCH 11:30 AM TO 12:00 PM	BAKED CHICKEN WITH RICE FRESH VEGETABLES MILK	CHEESY PASTA FRESH VEGETABLES MILK	CHICKEN BREAST WITH STEAMED VEGETABLES MILK	GROUND BEEF WITH SPAGETTI FRESH VEGETABLES MILK	MEALBALLS WITH BUCKWHEAT FRESH VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	LENTIL SOUP FRESH FRUIT WATER	CHICKEN RICE SOUP WITH GREEN CABBAGE FRESH FRUIT WATER	SQUASH PUREE SOUP FRESH FRUIT WATER	QUINOA SOUP WITH CHICKEN FRESH FRUIT WATER	SALMON SOUP WITH RICE AND CELERY FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

MOSTLY ORGANIC

SUBSTITUTIONS WILL BE POSTED ON THIS MENU

