

WE CARE CHILDCARE MENU

WEEK ONE

MEAL and TIME SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 AM TO 9:00 AM	OATMEAL WITH FRESH FRUIT MILK *DAIRY FREE, OATMEAL OPTION	WAFFLES FRESH FRUIT MILK *GLUTEN FREE OPTION	YOGURT FRESH FRUIT * DAIRY FREE OATMEAL OPTION	OATMEAL FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	OATMEAL WITH FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION
LUNCH 11:30 AM TO 12:00 PM	CHICKEN WITH BUCKWHEAT FRESH VEGETABLES MILK	BEEF WITH ROASTED POTATOES STEAMED VEGETABLES MILK	CHICKEN BREAST WITH PASTA AND GREEN PEAS FRESH VEGETABLES MILK	MEATBALLS WITH RICE FRESH VEGETABLES MILK	CHICKEN WITH RICE & STEAMED VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	RICE, VEGETABLE SOUP FRESH FRUIT WATER	CHICKEN NOODLE SOUP FRESH FRUIT WATER	BARLEY SOUP FRESH FRUIT WATER	CHICKEN AND SQUASH SOUP FRESH FRUIT WATER	FISH SOUP FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

SUBSTITUTIONS WILL BE POSTED ON THIS MENU *updated July 2023



WE CARE CHILDCARE MENU

WEEK TWO

MEAL and TIME SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 AM TO 9:00 AM	OATMEAL WITH FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	WAFFLES WITH FRUIT MILK *GLUTEN FREE OPTION	YOGURT BERRIES MILK *DAIRY FREE OATMEAL OPTION	OATMEAL WITH FRUIT MILK *DAIRY FREE OATMEAL OPTION	OATMEAL WITH BERRIES MILK *DAIRY FREE, OATMEAL OPTION
LUNCH 11:30 AM TO 12:00 PM	CHICKEN WITH RICE AND STEAMED VEGETABLES MILK	ROAST BEEF WITH SWEET POTATOES FRESH VEGETABLES MILK	CHEESY PASTA PENNE FRESH VEGETABLES MILK	GRILLED BEEF WITH RICE AND VEGETABLES FRESH VEGETABLES MILK	BUCKWHEAT WITH CHICKEN BREAST FRESH VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	LENTIL VEGETABLE SOUP FRESH FRUIT WATER	CHICKEN NOODLE SOUP FRESH FRUIT WATER	CHICKEN COUSCOUS SOUP WITH VEGETABLES FRESH FRUIT WATER	VEGETARIAN QUINOA SOUP FRESH FRUIT WATER	SALMON SOUP WITH RICE AND CELERY FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

SUBSTITUTIONS WILL BE POSTED ON THIS MENU *updated July 2023



WE CARE CHILDCARE MENU

WEEK THREE

MEAL and TIME SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 AM TO 9:00 AM	OATMEAL FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	WAFFLES WITH FRUIT MILK *GLUTEN FREE WAFFLE OPTION AVAILABLE	YOGURT FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	OATMEAL FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	OATMEAL FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION
LUNCH 11:30 AM TO 12:00 PM	MEATBALLS WITH RICE AND STEAMED VEGGIES MILK	CHEESY PASTA PENNE FRESH VEGETABLES MILK	CHICKEN WITH RICE FRESH VEGETABLES MILK	BUCKWHEAT WITH CHICKEN & STEAMED VEGETABLES MILK	GRILLED BEEF & VEGETABLE MEDLEY WITH POTATOES MILK
DINNER 3:00 PM TO 3:30 PM	CHICKEN QUINOA SOUP WITH BROCCOLI, CAULIFLOWER FRESH FRUIT WATER	LENTIL SOUP FRESH FRUIT WATER	VEGETARIAN NOODLE SOUP FRESH FRUIT WATER	SQUASH PUREE SOUP FRESH FRUIT WATER	FISH SOUP FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

SUBSTITUTIONS WILL BE POSTED ON THIS MENU *updated July 2023



WE CARE CHILDCARE MENU

WEEK FOUR

MEAL and TIME SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 AM TO 9:00 AM	OATMEAL FRESH FRUIT MILK *DAIRY FREE, OATMEAL OPTION	CEREAL FRESH FRUIT MILK *DAIRY FREE OATMEAL OPTION	YOGURT FRESH FRUIT WATER *DAIRY FREE OATMEAL OPTION	OATMEAL FRESH FRUIT MILK *DAIRY FREE, OATMEAL OPTION	OATMEAL FRESH FRUIT MILK *DAIRY FREE, OATMEAL OPTION
LUNCH 11:30 AM TO 12:00 PM	BEEF STEW WITH RICE FRESH VEGETABLES MILK	CHICKEN WITH POTATOES AND CARROTS FRESH VEGETABLES MILK	CHICKEN PENNE FRESH VEGETABLES MILK	BAKED CHICKEN BREAST BUCKWHEAT FRESH VEGETABLES MILK	BEEF WITH RICE AND STEAMED VEGETABLES MILK
DINNER 3:00 PM TO 3:30 PM	CHICKEN, GREEN CABBAGE AND QUINOA SOUP FRESH FRUIT WATER	BARLEY SOUP FRESH FRUIT WATER	COUSCOUS & VEGETABLE SOUP FRESH FRUIT WATER	VEGETARIAN SOUP WITH QUINOA FRESH FRUIT WATER	SALMON SOUP WITH RICE AND VEGETABLES FRESH FRUIT WATER

MENU IS BASED ON EASTERN EUROPEAN CUISINE

SUBSTITUTIONS WILL BE POSTED ON THIS MENU *updated July 2023

