

**IMMANUEL DAY CARE CENTRE WEEKLY SUMMER MENU**

<b>WEEK ONE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b> <b>8:30am – 9:00am</b> Times may vary in each room	HOMEMADE OATMEAL w/ FRUIT MILK	YOGURT & GRANOLA MILK	CINNAMON MUNCHIE MIX (w/dried fruits) MILK	ENGLISH MUFFINS w/ Wow Butter MILK	BAGELS, CREAM CHEESE & FRUIT MILK
<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>
<b>MEAT &amp; MEAT ALTERNATIVES</b>	HASH BROWN POTATO PIE (hash browns, cheese, eggs and onions) Chicken cubes	SWEDISH MEATBALLS (beef meatball w/ mushroom sauce) EGG NOODLES	HOMEMADE VEGETABLE SOUP WHOLE WHEAT PITA POCKETS w/ egg & tuna salad	CHICKEN BIRYANI w/ BASMATI RICE	BARBEQUED HAMBURGERS
<b>VEGETABLES</b>	COOKED MIXED VEGETABLES	COOKED VEGETABLES	CARROT, BROCCOLI OR CAULIFLOWER SOUP	COOKED VEGETABLES IN THE BIRYANI	MIXED BEAN SALAD
<b>BREAD</b>	WHOLE WHEAT BREAD	SODA CRACKERS	PITA POCKETS	WHOLE WHEAT BREAD	BURGER BUNS
<b>DESSERTS</b>	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	MILK PUDDING	APPLE SAUCE
<b>MILK &amp; MILK PRODUCTS</b>	MILK	MILK	MILK	MILK	MILK
<b>P.M. SNACK</b> <b>3:30pm – 4:00pm</b> Times may vary in each room	RAISIN BREAD RAW VEGGIES WATER	HOMEMADE HUMMUS, plain breadsticks & veggie WATER	ICE CREAM CONES FRESH FRUIT WATER	FLAT BREAD WITH EGG SALAD WATER	FRESH FRUIT & CRACKERS  WATER

**NOTE: Between 5:30 & 6:00 the children will be offered leftover bread and/or snacks.**

**IMMANUEL DAY CARE CENTRE WEEKLY SUMMER MENU**

<b>WEEK TWO</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b> <b>8:30am – 9:00am</b> Times may vary in each room	CHEERIOS FRUIT MILK	WOW BUTTER & JAM on BREAD MILK	EGG SALAD CRACKERS MILK	WAFFLES w/ SYRUP MILK	CINNAMON ON WHOLE WHEAT TOAST MILK
<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>
<b>MEAT &amp; MEAT ALTERNATIVES</b>	VEGETABLE CURRY STIR FRY w/ TOFU	PITA TACOS (filling-meat, cheese, lettuce & tomatoes)	MEAT LASAGNA (ground beef, red peppers, onions, mushrooms, spinach & noodles)	CHICKEN DRUMSTICK TERIYAKI	CONGEE with Seasonal vegetables & chicken (rice & chicken)
<b>VEGETABLES</b>	SEASONAL VEGETABLES IN STIR FRY	VEGETABLES IN TACOS	RAW VEGETABLES	STIR FRIED SEASONAL VEGETABLES	COOKED SEASONAL VEGETABLES
<b>BREAD</b>	ROTTI	SOFT TACOS	ITALIAN BREAD	WHOLE WHEAT BREAD	Whole Wheat Bread
<b>DESSERTS</b>	FRESH FRUIT	FRESH FRUIT	YOGURT	FRESH FRUIT	FRESH FRUIT
<b>MILK &amp; MILK PRODUCTS</b>	MILK	MILK	MILK	MILK	MILK
<b>P.M. SNACK</b> <b>3:30pm – 4:00pm</b> Times may vary in each room	MINI CROISSANTS w/ FRUIT SPREAD WATER	HOMEMADE BANANA BREAD WATER	FRESH FRUIT & ASSORTED CRACKERS WATER	BANANAS & GRAHAM CRACKERS w/ WOW BUTTER WATER	VEGGIE DIP w/ RAW VEGGIES & BREAD STICKS WATER

**NOTE: Between 5:30 & 6:00 the children will be offered leftover bread and/or snacks.**

**IMMANUEL DAY CARE CENTRE WEEKLY SUMMER MENU**

<b>WEEK THREE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b> <b>8:30am – 9:00am</b> Times may vary in each room	CHEERIOS w/ FRESH FRUIT MILK	EGG SALAD w/ SODA CRACKERS MILK	ENGLISH MUFFINS w/ WOW BUTTER MILK	HOMEMADE OATMEAL w/FRUIT MILK	WHOLE WHEAT TOAST w FRUIT SPREAD MILK
<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>
<b>MEAT &amp; MEAT ALTERNATIVES</b>	BROCCOLI & CHEESE QUICHE (eggs, cheese, milk & broccoli)	SLOPPY JOES (ground beef, onions and green peppers in a taco seasoning)	COLD CUT SANDWICHES (meat, cheese & lettuce)	HOMEMADE MACARONI & CHEESE w/ WIENERS	SPAGHETTI w/ LENTIL BOLOGNESE SAUCE
<b>VEGETABLES</b>	COOKED VEGETABLES & Broccoli in quiche	CABBAGE & CARROT COLESLAW	RAW VEGETABLES OVEN FRIES	RAW VEGETABLES	RAW VEGETABLES
<b>BREAD</b>	RICE & CRACKERS	HAMBURGER BUNS	WHOLE WHEAT BREAD (for sandwiches)	WHOLE WHEAT BREAD	FRENCH BREAD
<b>DESSERTS</b>	YOGURT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	ICE CREAM
<b>MILK &amp; MILK PRODUCTS</b>	MILK	MILK	MILK	MILK	MILK
<b>P.M. SNACK</b> <b>3:30pm – 4:00pm</b> Times may vary in each room	BAGELS w/ CREAM CHEESE FRESH FRUIT WATER	FRESH BAKED MUFFINS RAW VEGGIES WATER	CRACKERS w/CHEESE SPREAD CUCUMBERS WATER	FLATBREAD with EGG SALAD  WATER	APPLES AND CHEESE CUBES RITZ CRACKERS WATER

**NOTE: Between 5:30 & 6:00 the children will be offered leftover bread and/or snacks.**

**IMMANUEL DAY CARE CENTRE WEEKLY SUMMER MENU**

<b>WEEK FOUR</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>A.M. SNACK</b> <b>8:30am – 9:00am</b> Times may vary in each room	WAFFLES FRESH FRUIT MILK	FRESH BAKED MUFFINS MILK	RYE BREAD w/CHEESE WHIZ FRUIT MILK	MINI CROISSANTS W/ FRUIT SPREAD MILK	CINNAMON TOAST FRESH FRUIT MILK
<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>	<b>***LUNCH***</b>
<b>MEAT &amp; MEAT ALTERNATIVES</b>	FISH STICKS & RICE	ORZO CASSEROLE (w/ ground beef, vegetables & tomato sauce)	CHICKEN CONGEE w/ BOK CHOY	CHEESE & TOMATO QUINOA BALLS	BEEF STROGANOFF
<b>VEGETABLES</b>	COOKED VEGETABLES	COOKED VEGETABLES	RAW VEGETABLES	PEAS	RAW VEGETABLE
<b>BREAD</b>	SODA CRACKERS	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD	WHOLE WHEAT BREAD
<b>DESSERTS</b>	FRESH FRUIT	FRESH FRUIT	YOGURT	FRESH FRUIT	FRESH FRUIT
<b>MILK &amp; MILK PRODUCTS</b>	MILK	MILK	MILK	MILK	MILK
<b>P.M. SNACK</b> <b>3:30pm – 4:00pm</b> Times may vary in each room	MELBA TOAST CREAM CHEESE RAW VEGGIE WATER	HOMEMADE EVERYTHING COOKIES WATER	FRESH FRUIT ASSORTED CRACKERS WATER	FRESH FRUIT & CHEESE WATER	SOFT TACO AND CUCUMBER ROLL WATER

**NOTE: Between 5:30 & 6:00 the children will be offered leftover bread and/or snacks.**