

*Park Place Daycare and Montessori*

New Spring Meal Program

No preservatives, additives, eggs, nuts, or shellfish.

**\*\*ALL meals served with fruit, yogurt and milk\*\***

*All of our meals can be customized to suit you child's dietary needs. We are accustomed to working with families to provide any dietary restrictions or concerns.*

**Monday**

Breakfast

- Healthy cereal and/or breakfast bread.

Lunch

- Tomato Cream sauce and whole wheat spring noodles. Served with baked chicken and a variety of fresh vegetables.

Snack

- Porridge with fruit and cinnamon blended in.

**Tuesday**

Breakfast

- Healthy cereal and/or breakfast bread lunch.
- Rice with vegetable gravy, served with fresh vegetables and beef on the side.

Snack

- Pizza roll ups. Fresh whole wheat dough made daily, rolled up with cheese and tomato sauce.

**Wednesday**

Breakfast

- Healthy cereal and/or breakfast bread lunch.
- Fresh made vegetarian lasagna, with assorted fresh vegetables inside. Vegetables and baked chicken on the side.

Snack

- Fresh made cinnamon buns on whole wheat dough.

**Thursday**

Breakfast - Healthy cereal and/or breakfast bread lunch.

- Fresh made Sheppard's pie. Layers of potato, vegetables, and vegetable gravy with cheese sprinkled on top. Beef served on the side.

Snack

- Pizza roll ups. Fresh whole wheat dough made daily, rolled up with cheese and tomato sauce.

**Friday**

Breakfast

- Healthy cereal and/or breakfast bread lunch.
- Macaroni and cheese with carrots blended in. Chicken and vegetables served on the side.

Snack

- Sweet potato wedges (baked), served with ketchup.

Park Place Daycare Menu 2022 – Week #1

\*\*All meals are served with fruit. Milk and yogurt\*\*

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Granola with yogurt and fruit. Turkey sausages on the side.	Yummy Chia seed pudding and maple pancakes.	Banana loaf served with turkey sausages.	English muffin with Wowbutter. Turkey sausages on the side.	Apple cinnamon oatmeal.
<b>Lunch</b>	Butter chicken served with brown rice and assorted vegetable.	Beef and barley stew served with whole wheat rolls or brown rice. Peas and corn on the side.	Teriyaki salmon, served with rice noodles, broccoli and corn.	Chicken alfredo, served over macaroni with assorted vegetables on the side.	Meat ball Marinara, served with roasted peppers and broccoli
<b>Snack</b>	Pita Bread served with creamy cheese.	Banana sushi rolls.	Delicious oatmeal cookies.	Monkey cereal (Cheerios, Shreddies and raisins mixed).	Grilled cheese with whole wheat bread.

Park Place Daycare Menu 2022 – Week #2

\*\*All meals are served with fruit. Milk and yogurt\*\*

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cheerios with milk/yogurt and turkey sausages.	Banana bread and turkey sausage.	Raisin bread served with blueberry smoothie and turkey sausages.	Oatmeal and fruit.	Banana bread served with turkey sausages.
<b>Lunch</b>	Turkey bolognaise with rotini pasta with corn and broccoli.	Chicken stew served with brown rice and assorted vegetables.	House roasted turkey on whole wheat buns, served with pasta salad and greens.	Beef chilly on brown rice served with roasted red and green peppers.	Lemon and herb baked salmon, served with brown rice, peas and carrots.
<b>Snack</b>	Pita bread served with creamy hummus.	Jam sandwiches made with sliced whole wheat bread.	Cheese and crackers.	Grilled cheese sandwich, made with whole wheat bread.	Rice crisps with Wowbutter.