



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30-9:00)	Assorted Cereals W/ Milk	Egg Frittatas W/ Whole Wheat Toast	Fresh Waffles W/Maple Syrup	English Muffins W/ Cream Cheese & Jam	French Toast & Apples
Lunch	Pasta Alfredo	Beretta Organic Beef Stew W/ Cauliflower & Sweet Potatoes	Lentil & Veggie Soup	Breaded Sole Fingers	Yorkshire Organic Chicken Pizziola on Brown Rice
	Four Bean Salad	Cucumber Slices	Garlic Bread	Orzo & Broccoli Salad	Sweet Corn
Milk and fresh seasonal fruits are served with every meal and available at all times					
Snack 1	Fresh Baked Banana Bread	Digestive Cookies & Apple Slices	Fresh Orange Segments	Peel Your Own Bananas	Cucumbers & Cream Cheese
Snack 2	Fresh Pears	English Muffins & Jam	Whole Hard Boiled Eggs & Cucumbers	Baby Carrots W/ Hummus Dip	Crackers & Spinach Dip

Substitutes for allergens are provided at each meal, please speak with the center supervisor for details.

Infant Lunches	Pasta Alfredo	Beretta Organic Beef Stew W/ Cauliflower & Sweet Potatoes	Lentil & Veggie Soup	Breaded Sole Fingers	Yorkshire Organic Chicken Pizziola on Brown Rice
	Four Bean Salad	Cucumber Slices	Garlic Bread	Orzo & Broccoli Salad	Sweet Corn

Vegetarian Lunch	Pasta Alfredo	Bean Stew W/ Cauliflower & Sweet Potatoes	Lentil & Veggie Soup	Vegan Meatballs	Tofu Pizziola on Brown Rice
	Four Bean Salad	Cucumber Slices	Garlic Bread	Orzo & Broccoli Salad	Sweet Corn



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30-9:00)	Assorted Cereals W/ Milk	Whole Wheat Toast W/ Cream Cheese & Jam	Fresh Flipped Pancakes W/Maple Syrup	Yogurt & Bananas	Scrambled Eggs W/ Whole Wheat Toast
Lunch	Yorkshire Organic Chicken Meatballs on Spaghetti Sweet Peas	Cheddar and Potato Perogies & Sour Cream Orzo & Broccoli Salad	Spinach & Root Vegetable Soup Garlic Bread	Alloo Ghobi (Curried Cauliflower, Peas and Potatoes) on Brown Rice	Yorkshire Organic Turkey W/ Cabbage on Brown Rice Corn & Barley Salad
Milk and fresh seasonal fruits are served with every meal and available at all times					
Snack 1	Fresh Orange Segments	Fresh Pears & Graham Crackers	Cucumbers & Cream Cheese	English Muffins W/ Jam	Peel Your Own Bananas
Snack 2	Baked Mini Croissants	Apple Slices & Cheddar Cheese	Fresh Baked Blueberry & Flax Seed Loaf	Chunky Avocado Dip with Crackers	Crackers & Red Pepper Dip

Substitutes for allergens are provided at each meal, please speak with the center supervisor for details.

Infant Lunches	Yorkshire Organic Chicken Meatballs on Spaghetti Sweet Peas	Cheddar and Potato Perogies & Sour Cream Orzo & Broccoli Salad	Spinach & Root Vegetable Soup Garlic Bread	Alloo Ghobi (Curried Cauliflower, Peas and Potatoes) on Brown Rice	Yorkshire Organic Turkey W/ Cabbage on Brown Rice Sweet Corn
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Vegetarian Lunch	Spaghetti in Tomato Sauce and Chick Peas Sweet Peas	Cheddar and Potato Perogies & Sour Cream Orzo & Broccoli Salad	Spinach & Root Vegetable Soup Garlic Bread	Alloo Ghobi (Curried Cauliflower, Peas and Potatoes) on Brown Rice	Cabbage Stir Fry on Brown Rice Sweet Corn
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30-9:00)	Assorted Cereals W/ Milk	Egg Frittatas W/ Whole Wheat Toast	Fresh Waffles W/Maple Syrup	English Muffins W/ Cream Cheese & Jam	French Toast & Apples
Lunch	Pasta Florentine Four Bean Salad	Beretta Organic Beef Shepard's Pie With Root Vegetables	Bean, Vegetable & Quinoa Soup Corn & Barley Salad	Baked Haddock With Plum Sauce Orzo & Broccoli Salad	Yorkshire Organic Chicken & Potatoes in a Tomato Broth with Brown Rice
	Milk and fresh seasonal fruits are served with every meal and available at all times				
Snack 1	Digestive Cookies & Apples Slices	English Muffins & Jam	Fresh Baked Banana Bread	Fresh Orange Segments	Cucumbers & Cream Cheese
Snack 2	Whole Hard Boiled Eggs & Cucumbers	Baby Carrots W/ Hummus Dip	Fresh Pears	Crackers & Spinach Dip	Peel Your Own Bananas

Substitutes for allergens are provided at each meal, please speak with the center supervisor for details.

Infant Lunches	Pasta Florentine Four Bean Salad	Beretta Organic Beef Shepard's Pie W/Root Vegetables	Bean, Vegetable & Quinoa Soup Corn & Barley Salad	Breaded Haddock W/ Plum Sauce Orzo & Broccoli Salad	Yorkshire Organic Chicken & Potatoes in a Tomato Broth with Brown Rice
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Vegetarian Lunch	Pasta Florentine Four Bean Salad	Shepard's Pie W/Root Vegetables	Bean, Vegetable & Quinoa Soup Corn & Barley Salad	Tofu Tenders W/ Plum Sauce Orzo & Broccoli Salad	Chick Peas & Potatoes in a Tomato Broth with Brown Rice
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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30-9:00)	Assorted Cereals W/ Milk	Whole Wheat Toast W/ Cream Cheese & Jam	Fresh Flipped Pancakes W/Maple Syrup	Yogurt & Bananas	Scrambled Eggs W/ Whole Wheat Toast
Lunch	Beretta Organic Beef Bolognese Sauce on Pasta Sweet Peas	Breaded Salmon Bites Garden Veg Orzo Salad	Yorkshire Organic Chicken Meatballs & Roasted Potato Wedges Corn & Barley Salad	Cheddar and Potato Perogies & Sour Cream Chick Pea Salad	Beretta Organic Beef, Spinach & Vegetable Stew W/ Brown Rice
Milk and fresh seasonal fruits are served with every meal and available at all times					
Snack 1	Fresh Orange Segments	Fresh Pears & Graham Crackers	English Muffins W/ Jam	Apple Slices & Cheddar Cheese	Crackers & Red Pepper Dip
Snack 2	Baked Mini Croissants	Cucumbers & Cream Cheese	Chunky Avocado Dip with Crackers	Fresh Baked Blueberry & Flax Seed Loaf	Peel Your Own Bananas

Substitutes for allergens are provided at each meal, please speak with the center supervisor for details.

Infant Lunches	Beretta Organic Beef Bolognese Sauce on Pasta Sweet Peas	Breaded Salmon Bites Garden Veg Orzo Salad	Yorkshire Organic Chicken Meatballs & Roasted Potato Wedges Corn & Barley Salad	Cheddar and Potato Perogies & Sour Cream Chick Pea Salad	Beretta Organic Beef, Spinach & Vegetable Stew W/ Brown Rice
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Vegetarian Lunch	Pasta W/ Bolognese Sauce ** Vegan Ground Round Sweet Peas	Tofu Tender Bites Garden Veg Orzo Salad	Vegan Meatballs W/ Roasted Potato Wedges Corn & Barley Salad	Cheddar and Potato Perogies & Sour Cream Chick Pea Salad	Spinach & Vegetable Stew W/ Brown Rice
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