

EDEN DAYCARE INC.

SUMMER MENU – WEEK 1/2023

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Milk to drink Assorted Fruit 	Tomato and Spinach Soup with split Peas WW Bread with Hummus Pears Zucchini Milk	WW Mini Pita Salmon Salad Bananas Water 
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffins with Cream Cheese and Jam Milk	Turkey Meatballs Brown Rice Tomatoes Mixed Vegetables Strawberries Milk 	WW Crackers Hummus Grapes Water 
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Oatmeal with Cinnamon and Berries Milk 	Fish Burgers with WW Buns Coleslaw Peas Fruit Yogurt without gelatin Water	Bread Sticks Spinach Dip in Greek Yogurt Milk
Thursday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Milk to drink Apricots 	Scrambled Eggs WW Tortillas Peas and Corn Cucumbers Apples Milk 	Pumpkin Loaf with Flax Seeds Kiwi Water
Friday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bagel with WOW Butter and Jam Milk 	Chicken Sandwiches Rye Bread with Margarine Corn Mixed Vegetable Platter Nectarines Milk 	Fresh Fruit Medley Cottage Cheese Melba Toast Water 

Commented [AK1]: WOW Butter for Vegetarians

Commented [AK2]: Vegetarian Meatballs (8g protein) for Vegetarians and Halal

Commented [AK3]: Vegetarian patty (8g protein) for vegetarians

Commented [AK4]: Scrambled Tofu For vegetarians

Commented [AK5]: Cheese sandwich For vegetarians and Halal

*fresh fruit and vegetables may vary due to availability and cost

**Water is offered throughout the day



***Pasta, Breads and rolls are a variety of whole wheat and whole grains

**** We strive to be Pork free

May 05, 2023

EDEN DAYCARE INC.

SUMMER MENU – WEEK 2/2023

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies Milk Assorted Fruit 	Turkey soup with Corn, tomatoes, spinach and Barley Mini Croissants Cucumbers Green Apples Milk	Vegetable Thins WOW Butter Grapes Water
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffins Cream Cheese Milk 	Chicken Burgers on WW Bun Mayonnaise Mixed vegetables Mixed Peppers Plums Milk	Salmon Salad WW Mini Pita Bananas Water 
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Oatmeal with Blueberries Milk	Nachos with Cheese Brown Beans Peas and Corn Tomatoes Pears Milk 	Rice Cakes Egg Salad Water
Thursday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bread WOW Butter Jam Milk	Cheese Tortellini Zucchini Green Beans Strawberries Milk 	Gouda Cheese Pretzels Kiwi Water
Friday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Milk Raspberries 	Tuna Sandwiches on Rye Bread Mixed Vegetable Platter Cooked Carrots Cantaloupe Milk	Fresh Fruit Medley Banana Loaf with Flax Seeds Water

Commented [AK6]: Bean Barley Soup with Vegetables for Halal /Vegetarians

Commented [AK7]: Vegetable Patty (8g Protein) for Halal/Vegetarians

Commented [AK8]: Hummus for Vegetarians

Commented [AK9]: Cream Cheese for Vegetarians

Commented [AK10]: Cheese Sandwich for Vegetarians

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May 05, 2023

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SUMMER MENU – WEEK 3/2022

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Milk Assorted Fruit 	Minestrone Soup with vegetable and Beans WW Bread with Margarine Plums Tomatoes Milk 	Salmon Salad Grapes WW Pita Water
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Milk WW English Muffin Cream Cheese Jam Milk 	Tuna Casserole with Cheese Mixed Vegetables Zucchini Pears Milk	Tositos and Salsa Peaches/Nectarines Water
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Oatmeal with Raspberries or Blackberries Milk 	Chicken Samosas Garlic Bread Peas and Carrots Cucumbers Apples Milk 	Rice Cakes Hummus Water
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bagel with Egg Salad Milk 	Jollof Rice (Brown rice, Peppers, tomatoes) Mixed Bean Salad Carrot Sticks Bananas Milk 	Melba Toast WOW Butter Watermelon Water
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Blueberries 	Turkey sandwiches on Rye Bread Mixed Vegetable Platter Peas Fruit Yogurt Water	Fresh Fruit Medley Zucchini Loaf with Flax seeds Milk

Commented [AK11]: WOW Butter for Vegetarians

Commented [AK12]: Plain Cheese Casserole for Vegetarians

Commented [AK13]: Vegetable samosas for vegetarians

Commented [AK14]: Cheese Sandwich for vegetarian/Halal

***fresh fruit and vegetables may vary due to availability and cost**

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****** We strive to be Pork free**

May 05, 2023