

EDEN DAYCARE INC.

SUMMER MENU – WEEK 1/2026

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 Marble cheese cubes 	Minestrone Soup (Beans, Tomato, Squash, Green Beans, Peas) WW Bread with Baba Ganoush Apples Cucumbers Milk 	Graham Crackers Cottage Cheese Grapes Water 
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffin Cream Cheese/Jam Milk 	Chicken Stew with mixed vegetables Croissants Mixed Peppers Strawberries Milk 	Pumpkin Loaf Bananas Water 
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Raisin Bread with Cream Cheese Milk 	Turkey Cheese Pasta Mixed Vegetables Tomatoes Pears Milk 	Triscuits WOW Butter Oranges Water 
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 Mozarella Cheese Cubes 	Spaghetti with Tofu and Roasted Eggplants Red Peppers Frozen Yogurt Water 	Mini Pita Salmon Salad Kiwi Milk 
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 	Tuna Sandwiches on Rye Bread Cooked Carrots Mixed Vegetable Platter Plums Milk 	Fresh Fruit Medley Melba Toast Hummus Water 

Commented [AK1]: Vegetarians : vegetable Stew with Paneer

Commented [AK2]: Vegetarians : Cheese Pasta

Commented [AK3]: Vegetarians : Brown Beans

Commented [AK4]: Vegetarians : Cheese Sandwich

*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

*****We serve Halal Chicken and Turkey

April 15, 2026

EDEN DAYCARE INC.

SUMMER MENU – WEEK 2/2026

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies Milk Cheddar Cheese Cubes 	Turkey soup with Barley Mixed Vegetables French Bread with Hummus Cucumbers Green Apples Milk 	Tositos with Salsa Bananas Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Cereal with dried Cranberries and Flax Seeds Milk 	Cheese Perogies with sour cream Corn Snow Peas Oranges Milk 	Banana Loaf Kiwi Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bagel with Cream Cheese Milk 	Fish Burger with Tartar Sauce on a WW Bun Cooked carrots Coleslaw Pears Milk 	Grapes Melba Toast Hummus Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Milk Marble Cheese Cubes 	Chicken Mushroom Casserole Brown Rice Zucchini Strawberries Milk 	Mini Pita Salmon Salad Watermelon Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffin WOW Butter and Jam Milk 	Egg Salad Sandwiches Corn Mixed Vegetable Platter Fruit Yogurt Water 	Rice Cakes Fresh Fruit Medley Ajvar Milk 

Commented [AK5]: Vegetarians : Beans with Barley Soup

Commented [AK6]: Vegetarians : Veggie Patty

Commented [AK7]: Vegetarians : Paneer Mushroom Casserole

Commented [AK8]: Vegetarians : WOW Butter

Commented [AK9]: Vegetarians : Hummus and Cheese

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SUMMER MENU – WEEK 3/2026

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Milk Mozarella Cheese Cubes 	Tomato Soup with red lentils, Spinach and Orzo WW Crackers Bananas Mixed Peppers Milk 	Pretzels Gouda Cheese Cubes Kiwi Water 
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Waffle with Cream Cheese and Jam Berries Milk 	Turkey Sloppy Joes on WW Buns Mixed Vegetables Tomatoes Pears Milk 	Melba Toast Cottage Cheese Water 
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bagel with Cream Cheese Milk 	Tuna Casserole Pasta with Cheese Corn Apples Coleslaw Milk 	Rice Cakes Salmon Salad Strawberries Water 
Thursday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffin Cream Cheese/Jam Milk 	Mediterranean Salad with black beans, cucumbers and tomatoes Quinoa Peas and Carrots Oranges Milk 	Zucchini Loaf Grapes Milk 
Friday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Cheddar Cheese Cubes 	Chicken Sandwiches Green Beans Mixed Vegetable Platter Plums Milk 	Fresh Fruit Medley Vegetable Thins WOW Butter Water 

Commented [AK10]: Vegetarians : Tofu

Commented [AK11]: Vegetarians : Cheese Caserrole

Commented [AK12]: Vegetarians : Hummus

Commented [AK13]: Cheese Sandwich

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