


**EDEN DAYCARE INC.**

**WINTER MENU – WEEK 1 /2024-2025**

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Multi grain Cheerios with Milk 	Tomato Soup with Spinach and Pasta WW Bread with Hummus Cucumbers Red Apples Milk 	WW Mini Pita Salmon Salad Grapes Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Raisin Bread Cream Cheese Milk 	Turkey Meatballs Brown Rice Tomatoes Peas and Carrots Mandarin Oranges Water 	Melba Toast Hummus Bananas Milk 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffin Egg Salad Milk 	Fish Burgers on WW Bun with Tartar Sauce Peppers Green Beans Fruit Yogurt Milk	Bread sticks Spinach Dip in Greek yogurt Golden Delicious Apples Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Oatmeal in milk/water Blueberries Milk 	Cheesy Nachos with six bean medley Greek Salad Mixed vegetables Pears Milk 	Tuna Salad Rice Cake Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies Gouda Cheese Cubes Milk 	Chicken Sandwiches on Rye Bread Vegetable Platter Corn Tropical Fruit Salad Milk 	Pumpkin Loaf Fresh Fruit Medley Water 

Commented [AK1]: Veg : WOW Butter

Commented [AK2]: Veg/Halal : Veggie meatballs

Commented [AK4]: Veg: Vegetarian Patty

Commented [AK3]: Veg : Cream Cheese

Commented [AK5]: Veg : Hummus

Commented [AK6]: Veg/ Halal : 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

October 09, 2024

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**WINTER MENU – WEEK 2/2024-2025**

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Multi grain Cheerios Milk 	Cream of Mushroom soup with Broccoli WW Bread with WOW Butter Mandarin Oranges Mixed Peppers Milk 	Melba Toast Cottage Cheese Bananas Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Waffles Jam Milk 	Sloppy Joes with WW Buns & Ground Chicken Green Beans Tomatoes Red Delicious Apples Milk 	Vegetable Thins Hummus Grapes Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Cereal with Milk Raspberries Milk 	Cheese Perogies with Sour Cream Zucchini Mixed Vegetables Pears Milk 	WW Mini Pita Salmon Salad Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies Boiled Eggs Milk 	Turkey Vegetable Casserole Cucumber Tropical Fruit Salad Milk 	Carrot Loaf Pears Water 
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffins with WOW Butter and Jam Milk 	Tuna Salad Sandwiches on Rye Bread Assorted Vegetable Platter Corn Golden Delicious Apples Milk 	Tositos Salsa Fresh Fruit Medley Water 

Commented [AK7]: Veg/Halal : Tofu

Commented [AK8]: Veg : Hummus

Commented [AK10]: Ve/Halal : Cheese Vegetable Casserole

Commented [AK9]: Veg : Cheese slice

Commented [AK11]: Veg : Cheese Sandwich

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**WINTER MENU – WEEK 3/2024-2025**

Monday	Snack	Lunch	Snack	
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Multi grain Cheerios with Milk 	Vegetable Minestrone soup with barley French Baguette with Margarine Tomatoes Pears Milk 	Salmon Salad Rice Cakes Bananas Water 	Commented [AK12]: Veg : Hummus
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW Bagel Cream Cheese Milk 	Tuna Casserole with Peas Zucchini Cooked Carrots Mandarin Oranges Milk 	Vegetable Thins/Beet Crackers WOW Butter Grapes Water 	Commented [AK13]: Veg : Cheese Casserole with Peas
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Cereal with Milk Blueberries Milk 	Chicken Breast with mixed veggies (Corn, Peas, Carrots, Green Beans) Quinoa Cucumbers Granny Smith Apples Milk	Bread Sticks Cottage Cheese Water 	Commented [AK14]: Veg/Halal: Tofu
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Milk to drink 	Tofu Cheese Pizza (On WW English Muffin) with Olives Greek Salad Tropical Fruit Salad Milk	WW Mini Pita Egg Salad Oranges Water 	Commented [AK15]: Veg : Cream Cheese
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Raisin Bread with Margarine Milk 	Turkey Salad Sandwiches on Rye Bread Assorted Vegetable Platter Green Beans Red Delicious Apples Milk 	Banana Loaf Fresh Fruit Medley Water 	Commented [AK16]: Veg/Halal: Cheese sandwich

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