

EDEN DAYCARE INC.
WINTER MENU – WEEK 1

| Monday | Snack | Lunch | Snack |
|--|--|---|--|
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Cherrios with Milk Milk to drink  | Tomato Soup with Red lentils and spinach WW Bread with Baba Ghanoush Bananas Zucchini Milk  | Mozzarella Cheese Cubes Trail Mix (Pretzels, Banana chips, dried cranberries) Green Apples Water  |
| Tuesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Hot Cereal with Flax seed, Cranberries and Cinnamon with Milk Milk  | Sloppy Joes (Ground Turkey) on WW Buns Peppers Pears Corn Milk  | Melba Toast WOW Butter Kiwi Water  |
| Wednesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | WW Bagel Margarine Jam Milk  | Cheese Tortellini Cucumber Peas Unsweetened Applesauce Milk  | Thin Rice Cakes Salmon Salad Cantaloupe Water  |
| Thursday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Shreddies with Milk Milk to drink  | Chicken Breast Brown Rice with mixed vegetables Tomatoes Fresh Oranges Milk  | Cottage Cheese WW Crackers Grapes Water  |
| Friday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Egg Salad Mini Pita Milk  | Tuna Casserole with Cheese Mixed vegetable Platter Green Beans Tropical Fruit Milk  | Banana Loaf Fresh fruit medley Water  |

*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

Commented [AK1]: Tofu for vegetarians

Commented [AK2]: Hummus for vegetarians

Commented [AK3]: Brown Beans for vegetarians

Commented [AK4]: WOW Butter for vegetarians

Commented [AK5]: Cheese for vegetarians

EDEN DAYCARE INC.
WINTER MENU – WEEK 2

| Monday | Snack | Lunch | Snack |
|--|---|---|---|
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Cheerios with Milk Milk to drink  | Beans and Vegetable Soup French Bread with Margarine Bananas Orange and Green Peppers Milk  | Salmon Salad WW Crackers Kiwi Water  |
| Tuesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Boiled Eggs WW Toast with Margarine Milk  | Ground Turkey and Cheese Lasagna Peas Cucumber Pears Milk  | Melba Toast with Ajvar Grapes Water  |
| Wednesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Hot Cereal with Flax seed, Cranberries and Cinnamon with Milk Milk  | Fish Burger with Tartar Sauce on a WW Bun Coleslaw Green Beans Red Delicious Apples Milk  | Cottage Cheese Thin Rice Cake Honeydew Melon Water  |
| Thursday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Shreddies Milk Blueberries  | Quinoa Bean salad Mixed Vegetables Oranges Zucchini Milk  | WW Mini Pita Hummus Golden Delicious Apples Water  |
| Friday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | WW Bagel WOW Butter Milk  | Chicken Sandwiches on Rye Bread Cooked Carrots Mixed vegetable Platter Green Apples Milk  | Zucchini Loaf Fresh fruit medley Water  |

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September 24, 2025

Commented [AK6]: WOW Butter for vegetarians

Commented [AK7]: Cream Cheese for vegetarians

Commented [AK8]: Without Turkey for vegetarians

Commented [AK9]: Vegetable Patty for vegetarians

Commented [AK10]: Cheese sandwich for vegetarians

EDEN DAYCARE INC.
WINTER MENU – WEEK 3

| Monday | Snack | Lunch | Snack |
|--|---|---|---|
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Cheerios with Milk Milk  | Tofu and Spinach soup with Barley Mini Croissants Zucchini Red Delicious Apples Milk  | Salmon Salad on Melba Toast Bananas Water  |
| Tuesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | WW Bagel Margarine Jam Milk  | Chicken Stir Fry with Mixed Vegetables Quinoa Tomatoes Corn Oranges Milk  | WW Crackers, WOW Butter Grapes Water  |
| Wednesday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Hot Cereal with flax seed, Cranberries and Cinnamon with Milk  | Vegetarian Meatballs with Spaghetti Green Beans Peppers Pears Milk  | Mozarella Cheese Cubes Pretzels Granny Smith Apples Water  |
| Thursday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Cream Cheese WW English Muffins Milk | Garlic Bread Chilli with Turkey and Vegetables Cucumbers Cantaloupe/Honeydew Melon Milk  | Pumpkin Loaf Kiwi Water  |
| Friday | Snack | Lunch | Snack |
| 2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains | Shreddies with Milk Milk to Drink  | Tuna sandwiches on Rye Bread Cooked Carrots Mixed vegetable Platter Golden Delicious Apples Milk  | Egg Salad on WW Pita Mixed Fruit Platter Water  |

Commented [AK11]: Hummus for vegetarians

Commented [AK12]: Beans with mixed vegetables for vegetarians

Commented [AK13]: No Turkey for Vegetarians

Commented [AK14]: Cheese

Commented [AK15]: Hummus for vegetarians

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September 24, 2025