EDEN DAYCARE INC. **WINTER MENU – WEEK 1/2026-2027**

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Marble Cheese Cubes Milk 	Vegetable Bean and Barley Soup Cucumbers WW Bread with Baba Ghanoush Bananas Milk 	Vegetable Crackers Ajvar Grapes Water
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Oatmeal, Dried Cranberries and Cinnamon Milk	Baked Chicken Quinoa Cooked Carrots Tomatoes Apples Milk	Mini Croissants with WOW Butter Kiwi Water
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Waffles with Jam Milk Berries 	Turkey Cheese Pasta Peas Peppers Oranges Milk 	Rice Cakes Cottage Cheese Water
Thursday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Bagel with Jam WOW Butter Milk	Fish Burger on Bun Coleslaw Mixed Vegetables Applesauce Milk	Blueberry loaf Peaches Water 
Friday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies With Milk Gouda Cheese Cubes	Tortellini with Spinach and Cheese Green Beans Mixed Vegetable Platter Pears Milk 	Egg Salad with WW Pita 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**

September 18/2026

Commented [AK1]: Tofu for vegetarians

Commented [AK2]: Cheesy Pasta for Vegetarians

Commented [AK3]: Vegetarian Patty for vegetarians

Commented [AK4]: WOW Butter for vegetarians

EDEN DAYCARE INC. **WINTER MENU – WEEK 2/2026-2027**

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Multi Grain Cheerios with Milk Mozzarella Cheese Cubes Milk	Tomato Soup with Lentils, spinach and Orzo Peppers WW Crackers Bananas Milk	Salmon Salad Rice Cakes Grapes Water
Tuesday	**Snack**	**Lunch**	**Snack**
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Raisin Bread with Cream Cheese Milk	Tuna Casserole With Cheese Snow Peas Corn Apples Milk	Vegetable Thins WOW Butter Kiwi Water
Wednesday	**Snack**	**Lunch**	**Snack**
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Marble Cheese Cubes Milk	Turkey Sloppy Joes on a WW Bun Peas Tomato Pears Milk	Ritz Crackers Green Apples Water
Thursday	**Snack**	**Lunch**	**Snack**
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffins WOW Butter Milk	Spaghetti with Eggplant and Tofu Mixed Vegetables Cucumber Oranges Milk	Egg Salad WW Pita Peaches Water
Friday	**Snack**	**Lunch**	**Snack**
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Bagels with Cream Cheese Milk	Chicken Salad Sandwich on Rye Bread Green Beans Mixed Vegetable Platter Canned Tropical Fruit Milk	Melba Toast Hummus Fruit Medley Water

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*******We serve Halal Chicken and Turkey**

September 18/2026

Commented [AK5]: Hummus for vegetarians

Commented [AK6]: Cheese Casserole

Commented [AK7]: Paneer Sloppy Joes

Commented [AK8]: WOW Butter

Commented [AK9]: Cheese Sandwich

EDEN DAYCARE INC. **WINTER MENU – WEEK 3/2026-2027**

Monday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Cheerios with Milk Cheddar Cheese Cubes Milk	Vegetable Soup with Tofu, Spinach and pasta Red Peppers Mini Croissants Bananas Milk	Salmon Salad WW Pita Grapes Water
Tuesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Raisin Toast with Cream Cheese Milk	Turkey Lasagna with Cheese Mixed Peppers Cooked Carrots Canned Tropical Fruit Milk	Graham crackers with WOW Butter Granny Smith Apples Water
Wednesday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	WW English Muffins Jam Milk	Chicken Stir Fry Brown Rice Tomatoes Apples Milk	Rice Cakes Egg Salad Kiwi Water
Thursday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Hot Oatmeal with Cranberries Milk Milk to drink	Brown Beans Garlic Bread Cucumbers Corn Oranges Milk	Golden Delicious Apples Gouda Cheese Cubes Pretzels Water
Friday	Snack	Lunch	Snack
2 serv. Milk 2 serv. Fruit 2 serv. Protein 2 Serv. Veg. 3 Serv. Grains	Shreddies with Milk Marble Cheese Cubes	Cheesy Tuna and Zuchhini Loaf Corn Mixed Vegetable Platter Pears Milk	Spinach-Cheese Dip Triscuits Mixed Fruit Platter Water

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****** We strive to be Pork free**
*******We serve Halal Chicken and Turkey**
September 18/2026

Commented [AK10]: Bean Dip

Commented [AK11]: Cheese Lasagna

Commented [AK12]: Paneer for vegetarians

Commented [AK13]: Hummus

Commented [AK14]: Without Tuna for vegetarians