

Daycare Menu 2022

Day	1	2	3	4	5
Lunch	Chicken Chop Suey (C) Rice (S)	Vegetables quiche Salad and Italian dressing	Chicken noodle soup (T) Melba cracker	Shepherd's Pie	Vegetarian Haitian (C) sauteed rice (S)
Day	6	7	8	9	10
Lunch	Chicken Supreme (C) Rice (S)	Neapolitan beef meatballs (C) Rotini (S)	Spanish fish (C) Rice (S)	Tex-Mex Chili (T) Tortilla	Two cheeses and vegetables Macaroni
Day	11	12	13	14	15
Lunch	Beef with vegetables (C) Mashed potato (S)	Zucchini and three cheese quiche Traditional coleslaw	Romaine Chicken (C) Cavatappi (S)	Asian beef stir-fried (C) Rice (S)	Vegetarian Alfredo (C) Fusilli (S)
Day	16	17	18	19	20
Lunch	Penne (S) Bolognese sauce (C)	Chicken pot pie Creamy coleslaw	Hake fillet with lemon sauce (S) Rice with vegetables (C)	Oriental beef meatballs (C) Couscous (S)	Multicultural special of the month

The AM Snack is delivered the previous day

(S) = simple, use the green scoop for one portion

(C) = combined, use the ladle for one portion

(T) = trio, use the green scoop and the ladle for one portion