



Mommy's Kids Childcare Centre Food Menu

	Monday			Tuesday			Wednesday			Thursday			Friday		
WEEK 1	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/ Banana Chocolate Chip Muffins Apples Milk	Veggie Alphabet Soup with Mixed veggies Bread with butter Milk	Cheese Cubes Multigrain Crackers Water	Waffles Mixed Berries Milk	Beef Rice Casserole Peaches Milk	Homemade Trail Mix Grapes/ Cucumbers Water	Bread toast with Butter and Jam Oranges Milk	Chicken/ Turkey Nuggets Mashed Potato Broccoli and Cauliflower Milk	Mixed Berry/ Strawberry Banana Smoothie Rice Cakes Water	Oatmeal Fresh Fruits Milk	Chicken Noodle Soup with Mixed Veggies Garlic Toast Milk	Pineapple- Banana Bread Water	Choice of 2 cereals Banana Milk	Shepherd's Pie Mangoes Milk	Chef's Special
WEEK 2	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/ Sesame Bagels Oranges Milk	Beef and Cheese Tortellini with Broccoli Milk	Yogurt Crackers Water	Pancake with Syrup Mangoes Milk	Fish Sticks Mashed Potato Pepper Sticks Milk	Homemade Trail Mix Fruit Salad Water	Hash Brown Apples Milk	Meatballs Rice Peas Milk	Mango- Pineapple Smoothie Rice Cakes Water	Oatmeal Peaches Milk	Macaroni and Cheese Cucumber Slices Milk	Oatmeal Raisin Bread Water	Choice of 2 cereals Banana Milk	Chicken/ Beef Hotdogs Fresh Fruits/ Veggies Milk	Chef's Special
WEEK 3	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/ Banana Chocolate Chip Muffins Apples Milk	Tuna Rice Casserole with Peas Pineapples Milk	Apple Sauce Crackers Water	Waffles Mixed Berries Milk	Spaghetti with Meatballs Apples Milk	Homemade Trail Mix Strawberries Water	Bread toast with Butter and Jam Oranges Milk	Cheesy Chicken Rotini with Carrots and Corn Milk	Peach-Mango Smoothie Rice Cakes Water	Oatmeal Mixed Berries Milk	Chicken and Pork Dumpling Soup Bread Milk	Carrot Cake Water	Choice of 2 cereals Banana Milk	Cheese/ Pepperoni Pizza Fresh Fruits/ Veggies Milk	Chef's Special
WEEK 4	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/ Sesame Bagels Oranges Milk	Roasted Chicken Steamed Rice Carrots Milk	Oatmeal Cookies Cucumbers Water	Pancake with Syrup Mangoes Milk	Minestrone Soup Cheese Toast Milk	Homemade Trail Mix Fruit Salad Water	Hash brown Apples Milk	Alfredo Rotini with Cauliflower Milk	Pineapple- Coconut Smoothie Rice Cakes Water	Oatmeal Fresh Fruits Milk	Ham and Cheese Sandwiches Cucumbers Milk	Lemon- Blueberry Muffins Water	Choice of 2 cereals Banana Milk	Taco Soup and Whole Wheat Tortillas/ Soft Tacos Pineapples Milk	Chef's Special
WEEK 5	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/ Banana Chocolate Chip Muffins Apples Milk	Fish sticks Mashed potato Pepper Sticks Milk	Yogurt Crackers Water	Waffles with Mixed Berries Milk	Chicken/Beef Hotdogs Fresh fruits/ Veggies Milk	Homemade Trail Mix Watermelon Water	Bread toast with Butter and Jam Oranges Milk	Beef Spaghetti Apples Milk	Strawberry- Banana- Spinach Smoothie Rice Cakes Water	Oatmeal Fresh Fruits Milk	Meatballs and Rice Peas Milk	Cheesy Broccoli Bread Water	Choice of 2 cereals Banana Milk	Cheese/ Pepperoni Pizza Fresh fruits/ Veggies Milk	Chef's Special

** For early arrivals, cereal, milk, and fruit are always available.

Infants will be offered the same as older children when developmentally appropriate. **