

Menu (May 1 - 31, 2017)



As much certified organic food as practical

All baking from our kitchen with simple ingredients



Globally inspired meals



No highly processed foods



No artificial colours or flavours



Strictly nut free



AAA Alberta Beef or Angus

1stweek		Mon May 1	Tues May 2	Wed May 3	Thurs May 4	Fri May 5
Breakfast		Oatmeal with Fresh Strawberries	Cereal & Banana	Cream Of Wheat with fresh Apples	Cinnamon Waffles with Fresh Oranges	Whole wheat Bagel with Herb Cream Cheese & Cucumbers
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Carrots	Pea Puree	Apple Sauce	Yogurt	Berry/Bean Puree
Lunch	Reg.	Fettuchini Alfredo with Peas	Beef Stew & Toast	Ginger Turmeric Carrot soup with crackers	Teryaki Chicken & Veg Stir fry & Rice	Tuna Melt pita pizza
	Veg.	Fettuchini Alfredo with Peas	Bean Stew & Toast	Ginger Turmeric Carrot soup with crackers	Teryaki Veg Stir Fry and Rice	Veggie melt pita pizza
	Ingredients	Fettuchini noodles, butter, garlic, flour, milk, peas	Beef Striploin, onion, celery, carrots, garlic, Beef/veg stock, mixed beans & veggies	Carrots, onions, celery, white kidney beans, ginger, garlic, veg stock, turmeric	Chicken Breast, mixed veg, rice, beef stock, soy, ginger, garlic	Tuna fish, chickpeas, spinach, pita, mayo, salt, pepper
		Milk	Milk	Milk	Milk	Milk
PM Snack		Snap Peas & Veggie chips	Popcorn & Oranges	Arrowroot Cookies and carrots	Ritz crackers & Cheese	Loaded Smoothie

2nd week		Mon May 8	Tues May 9	Wed May 10	Thurs May 11	Fri May 12
Breakfast		Oatmeal with Fresh Banana	Pancakes with fresh Strawberries	Scrambled Eggs & Toast	Cereal & Fresh Apples	Bagels & Cream cheese with Fresh Oranges
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Cantaloupe	Yogurt	Apples	Cheese & Crackers	Arrowroot cookies
Lunch	Reg.	Aloo Gobi with Naan	Chicken Noodle Soup with Crackers	Spaghetti with Meat sauce & Garlic Toast	Black Bean & Beef Stir Fry with Rice	Chicken Salad Sandwiches with Maple carrots
	Veg.	Aloo Gobi with Naan	Bean Noodle Soup with Crackers	Spaghetti with Tomato sauce	Black Bean Stir Fry with Rice	Veggie & Hummus sandwiches with Maple Carrots
	Ingredients	Cauliflower, potato, garlic, onion, tomato, garam masala, spices	Chicken, macaroni, onions, celery, carrots, garlic, chicken stock	Spaghetti, ground beef, carrots, onions, celery, mixed veg, tomato	Beef Striploin, Black beans & paste, onions, carrots, celery, mixed veg, garlic & Ginger	Chicken, celery, grapes, red onion, pickles, mayo, salt, pepper, carrots.
		Milk	Milk	Milk	Milk	Milk
PM Snack		Arrowroot Cookies & Snap peas	Ritz Crackers & Carrots	Cheese & baked pita chips	Oranges & Pretzels	Loaded Smoothie

3rd week		Mon May 15	Tues May 16	Wed May 17	Thurs May 18	Fri May 19
Breakfast		Baked Egg Fritata with Fresh Banana	Oatmeal with Fresh Strawberries	Waffles & Fresh Apples	Cream of Wheat with Raisins	Cereal with Fresh Oranges
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Orange Puree (Carrots & Squash)	Yogurt	Honey Dew Melon	Purple Puree (Blueberry & Spinach)	Applesauce
Lunch	Reg.	Masterful Mac & "Cheese"	Chicken Fried Rice	Roasted Red Pepper Soup with Crackers	Baked Falafel Nuggets with potato salad	BBQ Chicken Quesadilla
	Veg.	Masterful Mac & "Cheese"	Egg Fried Rice	Roasted Red Pepper Soup with Crackers	Baked Falafel Nuggets	BBQ Veggie Quesadilla
	Ingredients	Macaroni, Acron Squash, Carrots, butter, garlic, flour, milk	Chicken, egg, rice, garlic, ginger, brocolli, peppers, peas, carrots, celery	Red peppers, carrots, onion, celery, garlic, basil	Chickpeas, parsley, egg, tahini, lemon, spices, breadcrumbs	Whole Wheat Tortilla, BBQ sauce, cheese, chicken, peppers, onions, brocolli
		Milk	Milk	Milk	Milk	Milk
PM Snack		Veggie Chips & Cheese	Snap Peas & Baked Pita Chips	Watermelon & Carrots	Popcorn & Oranges	Loaded Smoothie

4th week		Mon May 22	Tues May 23	Wed May 24	Thurs May 25	Fri May 26
Breakfast		Blueberry waffles with fresh Strawberries	Scrambled Eggs & Toast	Oatmeal with Berries	Cereal & Fresh pears	Whole Wheat bagels with plain cream cheese & apples
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Strawberries & Carrots	Green Puree (Pea & Spinach)	Purple Puree (Blueberry & Spinach)	Pears	Yogurt
Lunch	Reg.	Vegetarian Coconut Curry with Naan	BBQ Chicken/Turkey Meatloaf with Rice & peas	Chickpea & Beef Bulgogi with Rice	Chicken Strips Macaroni Salad	Deluxe Pizza
	Veg.	Vegetarian Coconut Curry with Naan	Black Bean loaf with Rice & Pea's	Chickpea Bulgogi with Rice	Veggie Sandwich with Hummus	Deluxe Pizza
	Ingredients	Mixed Veg, Black beans, onions, mixed veg, ginger, garlic, curry powder, coconut milk	Ground Turkey or Chicken, onion, carrot, carlic, spices, BBQ	Beef striploin, chickpea, onions, garlic, ginger, soy, asian pear	Chicken, egg, flour, seasoned breadcrumbs	Pizza Dough, Tomato sauce, Turkey Pepperoni, peppers, mushrooms, cheese
		Milk	Milk	Milk	Milk	Milk
PM Snack		Ritz Crackers & Cheese	Snap Peas & Baked Pita Chips	Carrots & Watermelon	Popcorn & Oranges	Loaded Smoothie

5th week		Mon May 29	Tues May 30	Wed May 31	Thurs June 1	Fri June 2
Breakfast		Yogurt & Granola with Fresh Banana	Waffles & Strawberries	Oatmeal with Currants	Turkey & Cheese English Muffins	Cereal with Fresh Oranges
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Chocolate Avocado pudding	Apples	Yogurt	Arrowroot Cookies	Cheese
Lunch	Reg.	Minestrone Soup with Barley	Chicken Parmesan Baked Pasta	Beef & Vegetable stir fry with Rice	Vietnamese Noodle Salad with Chickpea's	Tom Kha Gai (Thai Coconut Soup with Chicken) with Crackers
	Veg.	Minestrone Soup	Baked Pasta	Bean & Vegetable Stirfry	Vietnamese Noodle Salad with Chickpea's	Tom Kha (Thai Coconut Soup with beans)
	Ingredients	Barley, mixed veg, tomato, mixed beans, basil, oregano, garlic	chicken, parmesan, Shell noodles, cream, garlic, butter, flour cheese.	Ground Beef, Mixed Veggies, ginger, garlic, soy	Vermicelli noodles, egg, peppers, carrots, celery, peas, hoisin	Chicken, mushroom, lemongrass, lime leaves, galangal, chili, fish sauce, lime, cilantro
		Milk	Milk	Milk	Milk	Milk
PM Snack		Zucchini Bread with Unsweetened Cacao chips	Oranges & Snap Peas	Veggie Chips & Carrots	Cheese & Crackers	Loaded Smoothie