

## Kids U (Bridgeland) Menu for Jr. Infants(7~12months) - May, 2017

3 % Homo Milk is served.				
	Breakfast	Lunch	Snack	Lunch Ingredients
Monday (May 1)	Berries and Yogurt	Beef Pasta with Veggies	Carrot Pancake and Avocado Banana Puree	Spaghetti pasta, onion, bellpepper, mushroom, cream cheese, ground beef and parmasan cheese
Tuesday (May 2)	Oat Meal and Kiwi Puree	Chicken Chili	Plain Cracker and Apple Sauce	Chicken, chili powder, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
Wednesday (May 3)	Rice Cereal and Yogurt	Beef Lasagna with Veggies	Asian Pears Puree and Cube Cheese	Ground beef, pasta lasagna, spinach, ricotta cheese, mozzarella cheese, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
Thursday (May 4)	French Toast and Pineapple Puree	Chicken and Apple Ball with Rice	Blueberry Muffin	Chicken breast, apple, onion, flour, pepper, breadcrumbs and rice
Friday (May 5)	Waffle and Mix Fruits Puree	Shepherd's Pie	Banana Muffin and Carrot Apple yogurt smoothie	Potato, beef, beef broth, pepper, butter, chopped onion, corn, carrot and pea
Monday (May 8)	Toasted Bread and Scrambled Egg	Grilled Cheese with Pumpkin Soup and Broccoli	Veggie Chips and Watermelon puree	Mozzarella cheese, cheddar cheese, pumpkin and mix veggies (carrot, pod of peas, broccoli, cabbage)
Tuesday (May 9)	Totila and Apple Sauce	Lemon Chicken with Veggies and Rice	Sliced Carrot Muffin	Chicken breast, rice, lemon, garlic, and mix veggies (carrot, pot of peas, broccoli, cabbage)
Wednesday (May 10)	Waffle and Mix Fruits Puree	Beef Stew and Rice	Butternut sqush Puree with Rice Cracker	Beef cube, tomato, carrot, celery, onion, oregano and rice
Thursday (May 11)	Toasted Bread and Peach Puree	Mix Veggies Soup with Chicken and Toasted Bread	Pineapple and Banana Puree	Chicken, bread and mix veggies (carrot, pot of peas, broccoli, cabbage)
Friday (May 12)	Rice Cereal and Yogurt	Broccoli Cheddar Soup with Chicken	Baked Sweetpotato and watermelon	Butter, onion, celery, flour, milk, chicken broth, carrot and broccoli
Monday (May 15)	Berries and Yogurt	Beef Pasta with Veggies	Carrot Pancake and Avocado Banana Puree	Spaghetti pasta, onion, bellpepper, mushroom, cream cheese, ground beef and parmasan cheese
Tuesday (May 16)	Oat Meal and Kiwi Puree	Chicken Chili	Plain Cracker and Apple Sauce	Chicken, chili powder, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
Wednesday (May 17)	Rice Cereal and Yogurt	Beef Lasagna with Veggies	Strawberry Smoothie and Cube Cheese	Ground beef, pasta lasagna, spinach, ricotta cheese, mozzarella cheese, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
Thursday (May 18)	French Toast and Pineapple Puree	Chicken and Apple Ball with Rice	Blueberry Muffin	Chicken breast, apple, onion, flour, pepper, breadcrumbs and rice
Friday (May 19)	Waffle and Mix Fruits Puree	Shepherd's Pie	Banana Muffin and Carrot Apple yogurt smoothie	Potato, beef, beef broth, pepper, butter, chopped onion, corn, carrot and pea
	Breakfast	Lunch	Snack	Lunch Ingredients

<b>Monday (May 22)</b>		<b>Victoria Day -Centre Closed</b>		
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Tuesday (May 23)</b>	Totila and Apple Sauce	Lemon Chicken with Veggies and Rice	Sliced Carrot Muffin	Chicken breast, rice, lemon, garlic, and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Wednesday (May 24)</b>	Waffle and Mix Fruits Puree	Beef Stew and Rice	Butternut squash Puree with Rice Cracker	Beef cube, tomato, carrot, celery, onion, oregano and rice
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Thursday (May 25)</b>	Toasted Bread and Peach Puree	Mix Veggies Soup with Chicken and Toasted Bread	Pineapple and Banana Puree	Chicken, bread and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Friday (May 26)</b>		<b>PD Day -Centre Closed</b>		

### Kids U (Bridgeland) Menu for Sr. Infants(13~19months) - May, 2017

	<b>3 % Homo Milk is served.</b>			
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Monday (May 1)</b>	Berries and Yogurt	Beef Pasta with Veggies	Morning: Fish Cracker and Cantaloupe Afternoon: Carrot Pancake and Avocado Banana Puree	Spaghetti pasta, onion, bellpepper, mushroom, cream cheese, ground beef and parmasan cheese
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Tuesday (May 2)</b>	Oat Meal and Kiwi	Chicken Chili	Morning: Roasted Sweet Potato and Yogurt Afternoon: Plain Cracker and Apple Sauce	Chicken, chili powder, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Wednesday (May 3)</b>	Rice Cereal and Yogurt	Beef Lasagna with Veggies	Morning: Mix Fruits Smoothie Afternoon: Asian Pears and Cube Cheese	Ground beef, pasta lasagna, spinach, ricotta cheese, mozzarella cheese, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Thursday (May 4)</b>	French Toast and Pineapple	Chicken and Apple Ball with Rice	Morning: Banana and Yogurt Afternoon: Blueberry Muffin	Chicken breast, apple, onion, flour, pepper, breadcrumbs and rice
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Friday (May 5)</b>	Waffle and Mix Fruits	Shepherd's Pie	Morning: Persimmon and Rice Cake Afternoon: Banana Muffin and Carrot apple yogurt smoothie	Potato, beef, beef broth, pepper, butter, chopped onion, corn, carrot and pea
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Monday (May 8)</b>	Toasted Bread and Scrambled Egg	Grilled Cheese with Pumpkin Soup and Broccoli	Morning: Carrot Pancake and Kiwi Afternoon: Veggie Chips and Watermelon	Mozzarella cheese, cheddar cheese, pumpkin and mix veggies (carrot, pod of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Tuesday (May 9)</b>	Totila and Apple Sauce	Lemon Chicken with Veggies and Rice	Morning: Cube Cheese and Orange Afternoon: Carrot Muffin	Chicken breast, rice, lemon, garlic, and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Wednesday (May 10)</b>	Waffle and Mix Fruits	Beef Stew and Rice	Morning: Veggie Sticks Afternoon: Sweet Potato Puree with Rice Cracker	Beef cube, tomato, carrot, celery, onion, oregano and rice
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Thursday (May 11)</b>	Toasted Bread and Peach	Mix Veggies Soup with Chicken and Toasted Bread	Morning: Rice Cake Afternoon: Pineapple and Banana Puree	Chicken, bread and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Friday (May 12)</b>	Toasted Bread and Peach	Mix Veggies Soup with Chicken and Toasted Bread	Morning: Rice Cake Afternoon: Pineapple and Banana Puree	Chicken, bread and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients

<b>Monday (May 15)</b>	Berries and Yogurt	Beef Pasta with Veggies	Morning: Fish Cracker and Cantaloupe Afternoon: Carrot Pancake and Avocado Banana Puree	Spaghetti pasta, onion, bellpepper, mushroom, cream cheese, ground beef and parmasan cheese
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Tuesday (May 16)</b>	Oat Meal and Kiwi	Chicken Chili	Morning: Roasted Sweet Potato and Yogurt Afternoon: Plain Cracker and Apple Sauce	Chicken, chili powder, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Wednesday (May 17)</b>	Rice Cereal and Yogurt	Beef Lasagna with Veggies	Morning: Mix Fruits Smoothie Afternoon: Strawberry Smoothie and Cube Cheese	Ground beef, pasta lasagna, spinach, ricotta cheese, mozzarella cheese, onion and mix veggies (carrot, pod of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Thursday (May 18)</b>	French Toast and Pineapple	Chicken and Apple Ball with Rice	Morning: Banana and Yogurt Afternoon: Blueberry Muffin	Chicken breast, apple, onion, flour, pepper, breadcrumbs and rice
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Friday (May 19)</b>	Waffle and Mix Fruits	Shepherd's Pie	Morning: Persimmon and Rice Cake Afternoon: Banana Muffin and Carrot apple yogurt smoothie	Potato, beef, beef broth, pepper, butter, chopped onion, corn, carrot and pea
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Monday (May 22)</b>		<b>Victoria Day -Centre Closed</b>		
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Tuesday (May 23)</b>	Totila and Apple Sauce	Lemon Chicken with Veggies and Rice	Morning: Cube Cheese and Orange Afternoon: Carrot Muffin	Chicken breast, rice, lemon, garlic, and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Wednesday (May 24)</b>	Waffle and Mix Fruits	Beef Stew and Rice	Morning: Veggie Sticks Afternoon: Sweet Potato Puree with Rice Cracker	Beef cube, tomato, carrot, celery, onion, oregano and rice
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Thursday (May 25)</b>	Toasted Bread and Peach	Mix Veggies Soup with Chicken and Toasted Bread	Morning: Rice Cake Afternoon: Pineapple and Banana Puree	Chicken, bread and mix veggies (carrot, pot of peas, broccoli, cabbage)
	Breakfast	Lunch	Snack	Lunch Ingredients
<b>Friday (May 26)</b>		<b>PD Day -Centre Closed</b>		