

Menu (June 4 - 30, 2017)



As much certified organic food as practical



Globally inspired meals



Strictly nut free

All baking from our kitchen with simple ingredients



No highly processed foods



No artificial colours or flavours



AAA Alberta Beef or Angus

1stweek		Mon June 4	Tues June 5	Wed June 6	Thurs June 7	Fri June 8
Breakfast		Oatmeal with Fresh Strawberries	Cereal & Banana	Cream Of Wheat with fresh fruit	Cinnamon Waffles with Fresh fruit	Whole wheat Bagel with Herb Cream Cheese & Cucumbers
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Carrots	Pea & Mint Puree	Apple Sauce	Yogurt	Berry/Bean Puree
Lunch	Reg.	Falafel Nuggets & Macaroni Salad	Chicken Stew & Toast	Mexican Tortilla Taco Soup	Vegetable & Bean Stroganoff	Tuna Melt pita pizza
	Veg.	Falafel Nuggets & Macaroni Salad	Bean Stew & Toast	Bean Taco Soup	Vegetable & Bean Stroganoff	Veggie melt pita pizza
	Ingredients	Chickpea, parsley, egg, tahini, lemon, spices, cornflake crumbs.	Chicken, onion, celery, carrots, garlic, Beef/veg stock, flour, butter, milk	Carrots, onions, celery, tomato, mixed Beans, garlic, veg stock, seasoning. Tortilla	Mushrooms, beans, onions, veg stock, Sour cream, garlic Noodles	Tuna fish, chickpeas, spinach, pita, mayo, salt, pepper
		Milk	Milk	Milk	Milk	Milk
PM Snack		Snap Peas & Veggie chips	Pretzels & Oranges	Arrowroot Cookies and carrots	Ritz crackers & Cheese	Loaded Smoothie

2nd week		Mon June 12	Tues June 13	Wed June 14	Thurs June 15	Fri June 16
Breakfast		Oatmeal with Fresh Banana	Pancakes with fresh Strawberries	Scrambled Eggs & Toast	Cereal & Fresh Fruit	Bagels & Cream cheese with Fresh Fruit
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Canteloupe	Yogurt	Apples	Cheese & Crackers	Arrowroot cookies
Lunch	Reg.	Red Lentil & Coconut Soup with Crackers	Chicken Parmasan Baked Pasta	Beef Chili	Masterful Mac & Cheese	Broccoli, Black bean & Egg Fried Rice
	Veg.	Red Lentil & Coconut Soup with Crackers	Baked Pasta	Bean Chili	Masterful Mac & Cheese	Broccoli, Black bean & Egg Fried Rice
	Ingredients	Red Lentils, onions, celery, carrots, Tumeric, Ginger, cloves, Veg Stock, Coconut Milk, Spinach	Chicken, Tri coloured Pasta, parmasan, butter, flour, milk, peas	G. Beef, onion, carrot, celery, peppers, mixed veg, tomato paste, seasoning.	Macaroni, carrots, squash, garlic, butter, flour, milk	Black beans, broccoli, rice, egg, onion, carrot, celery, ginger, garlic, seasoning
		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 June 19	Tues June 20	Wed June 21	Thurs June 22	Fri June 23
Breakfast		Baked Egg Fritata with Fresh Banana	Oatmeal with Fresh Strawberries	Waffles & Fresh Fruit	Cream of Wheat with Raisins	Cereal with Fresh Fruit
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Oatmeal with Blueberries	Yogurt	Honey Dew Melon	Purple Puree (Blueberry & Spinach)	Applesauce
Lunch	Reg.	Butter Paneer with Rice	Shepherds Pie	Potato Leek Soup with Crackers	Chicken Stir Fry with Rice	Beef Quesadilla
	Veg.	Butter Paneer with Rice	Black bean loaf with Mashd potato	Potato Leek Soup with Crackers	Veg, Stir Fry with Rice	Veggie Quesadilla
	Ingredients	Onion, Garlic, Ginger, Cloves, Cardamom, Garam Masala, Cumin, Coriander, Yogurt, Cream, tomato, butter, paneer	G. Beef, Onions, celery, carrot, garlic, tomato paste, beef stock, mashed potato	Potato, Leek, Onions, celery, white kidney beans, veg stock, spices,	Chicken, onion, celery, carrot, garlic, spices.	Whole Wheat Tortilla, Beef Striploin, Onions, Peppers, Corn
		Milk	Milk	Milk	Milk	Milk
PM Snack		Veggie Chips & Cheese	Snap Peas & Baked Pita Chips	Watermelon & Pretzels	Carrots & Oranges	Loaded Smoothie

4th week		Mon June 26	Tues June 27	Wed June 28	Thurs June 29	Fri June 30
Breakfast		Blueberry waffles with fresh Strawberries	Scrambled Eggs & Toast	Oatmeal with Berries	Cereal & Fresh Fruit	Whole Wheat bagels with plain cream cheese & Fresh Fruit
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Applesauce	Oatmeal	Purple Puree (Blueberry & Spinach)	Carrots	Yogurt
Lunch	Reg.	Roasted Cream of Mushroom Soup with Crackers	Beef Meatloaf with Potato Salad	Chickpea & Beef Bulgogi with Rice	Vegetable & Bean Coconut Curry with Naan	Deluxe Pizza
	Veg.	Roasted Cream of Mushroom Soup with Crackers	Black Bean loaf with Rice & Pea's	Chickpea Bulgogi with Rice	Vegetable & Bean Coconut Curry with Naan	Deluxe Pizza
	Ingredients	Mushrooms, onions, celery, carrots, white Kidney Beans, coconut milk.	Ground Beef, onion, carrot, carlic, spices,	Beef striploin, chickpea, onions, garlic, ginger, soy, asian pear	Mixed Veg, Beans, onions, celery, carrot, ginger, garlic, curry powder, coconut milk	Pizza Dough, Tomato sauce, Turkey Pepperoni, peppers, mushrooms, cheese
		Milk	Milk	Milk	Milk	Milk
PM Snack		Ritz Crackers & Turkey Pepperoni sticks	Snap Peas & Baked Pita Chips	Cheese & Watermelon	Carrots & Oranges	Loaded Smoothie

5th week						
Breakfast						
Infant Snack						
Lunch	Reg.					
	Veg.					
	Ingredients					
PM Snack						