

Menu (July 3 - 31, 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 July 3	Tues July 4	Wed July 5	Thurs July 6	Fri July 7	
Breakfast		Closed	Cereal & fresh fruit	Cream Of Wheat with fresh fruit	Waffles with Fresh fruit	Stampede	
			Milk	Milk	Milk		
Infant Snack		Closed	Cheese & crackers	Apple Sauce	Yogurt	Stampede	
LUNCH	Reg.	Closed	Tuna Casserole	Tomato & Basil soup with Crackers	Beef Stroganoff	Stampede	
	Veg.	Closed	Bean Casserole	Bean Taco Soup	Vegetable & Bean Stroganoff	Stampede	
	Ingredients		Closed	Tuna fish, Noodles, butter, flour, milk, parm, peas	Carrots, onions, celery, tomato, mixed Beans, garlic, veg stock, seasoning. Tortilla	Beef Striploin, Mushrooms, beans, onions, veg stock, Sour cream, garlic	Stampede
				Milk & Fruit	Milk & Fruit	Milk & Fruit	
PM Snack		Closed	Pretzels & Oranges	Arrowroot Cookies & carrots	Ritz crackers & Cheese	Loaded Fruit & Veggie Smoothie	

2nd week		Mon July 10	Tues July 11	Wed July 12	Thurs July 13	Fri July 14
Breakfast		Pancakes with Fresh fruit	Oatmeal with fresh fruit	Baked Egg Frittata & Toast	Cereal & Fresh Fruit	Bagels & Cream cheese with Fresh Fruit
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Yogurt	Orange Carrot Jello	Chocolate Avocado Pudding	Applesauce	Oatmeal with Raisins
Lunch - SERVED WITH FRUIT	Reg.	Red Lentil & Carrot Soup with Crackers	Chicken Parmasan Baked Pasta	Mexican Taco Soup	Tuna & Egg Fried Rice/Quinoa	Butter Chicken Pizza
	Veg.	Red Lentil & Carrot Soup with Crackers	Baked Pasta	Bean Taco Soup	Egg fried Rice/Quinoa	Butter Paneer Pizza
	Ingredients	Red Lentils, onions, celery, carrots, Ginger, garlic, cinnamon	Chicken, Tri coloured Pasta, parmasan, butter, flour, milk, peas	G. Beef, onion, carrot, celery, peppers, mixed veg, tomato paste, beef stock, seasoning.	Tuna, Egg, Broccoli, rice, quinoa, carrots, celery, onions, ginger, garlic	Multigrain Pizza dough, homemade butter sauce, chicken, paneer, spinach, green onion
		Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
PM Snack		Arrowroot Cookies & Snap peas	Ritz Crackers & Carrots	Cheese & baked pita chips	Oranges & Pretzels	Loaded Fruit & Veggie Smoothie

3rd week		Mon July 17	Tues July 18	Wed July 19	Thurs July 20	Fri July 21
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	Grape & Apple Jello	Applesauce
Lunch	Reg.	Vegetarian Chili with Buns	Spaghetti & Beef Bolognese Sauce	Tom Kha Gai with Crackers (Thai Soup)	Veggie Green Curry with Rice/Quinoa	"Do it yourself" Chicken pita
	Veg.	Vegetarian Chili with Buns	Spaghetti with Tomato & kidney bean sauce	Veggie Kha Gai	Veg, Stir Fry with Rice/Quinoa	Mixed Veggie Pita
	Ingredients	Onions, carrots, celery, tomato, corn, pea, mushroom, peppers, mixed beans, garlic, seasoning	Spaghetti, homemade tomato sauce, beef, mixed veg, seasoning	Chicken, lemongrass, lime leaves, ginger, garlic, galangal, mixed veg, coconut milk	Mixed veg, Green curry paste, coconut milk, rice & quinoa.	Chicken, spinach, peppers, onions, pickles, mayo, seasoning, pita
		Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
PM Snack		Banana Bread with Unsweetened Cacao	Cheese & Baked Pita Chips	Watermelon & Sugar Snap Peas	Carrots & Arrow Root Cookies	Loaded Fruit & Veggie Smoothie

4th week		Mon July 24	Tues July 25	Wed July 26	Thurs July 27	Fri July 28
Breakfast		Waffles with fresh Fruit	Scrambled Eggs & Toast	Oatmeal with Berries	Cereal & Fresh Fruit	Whole Wheat bagels with cream cheese & Fresh Fruit
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Applesauce	Oatmeal	Purple Puree (Blueberry & Spinach)	Carrots	Yogurt
Lunch	Reg.	Roasted Garlic Fettuchini Alfredo with Pea's & Garlic bread	Vegetable & Coconut Curry with Naan	Chickpea & Beef Bulgogi with Rice	Masterful Mac & "Cheese"	BBQ Chicken Pizza
	Veg.	Same as above	Vegetable & Coconut Curry with Naan	Chickpea Bulgogi with Rice	Masterful Mac & "Cheese"	Deluxe Pizza
	Ingredients	Fettuchini Noodles, butter, flour, garlic, parm, peas, bread.	Mixed Veg, beans, coconut milk, ginger, garlic, seasoning	Beef striploin, chickpea, onions, garlic, ginger, soy, asian pear	Macaroni, carrots, squash, garlic, butter, flour, milk.	Muligrain Pizza Dough, BBQ sauce, peppers, onions, brocolli, cheese
		Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
PM Snack		Ritz Crackers & Turkey Pepperoni sticks	Snap Peas & Baked Pita Chips	Carrots & Watermelon	Cheese & Oranges	Loaded Fruit & Veggie Smoothie

5th week		Mon July 31	Tues Aug 1	Wed Aug 2	Thurs Aug 3	Fri Aug 4
Breakfast		Cereal & Fresh Fruit	Pancakes & Fresh Fruit	Oatmeal with Raisins	Waffles & Fresh Fruit	Baked Egg Frittata with Toast
		Milk	Milk	Milk	Milk	Milk
Infant Snack		Yogurt	Chocolate & Avocado Pudding	Carrots	Oatmeal with Blueberries	Applesauce
Lunch	Reg.	Morrocان Sweet Potato & Chickpea soup with Crackers	Beef & Veggie Stir Fry with Rice	Beef Meatloaf & Macaroni Salad	Chicken Stew with Toast	Roasted Veggie Pizza with goat cheese
	Veg.	Morrocان Sweet Potato & Chickpea soup with Crackers	Veggie Stir Fry with Rice	Blackbean Loaf & Macaroni Salad	Chickpea Stew with Toast	Roasted Veggie Pizza
	Ingredients	Sweet Potato, Chickpea, carrot, lemon, veg stock, cloves, corriander, cumin, chili	G. Beef, onions, carrots, celery, mixed veg/beans, seasoning	Ground Beef, onions, carrots, celery, macaroni, peppers, mayo, seasoning	Chicken, onion, celery, carrot, butter, flour, milk, mixed veg, chicken stock, seasoning	Multigrain Pizza Dough, tomato sauce, zucchini, brocolli, peppers, onions, goat cheese
		Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
PM Snack		Cheese & Crackers	Veggie Chips & Sugar Snap Peas	Watermelon & Carrots	Oranges & Pretzels	Loaded Fruit & Veggie Smoothie