

July 2019

Well Fed Childcare Menu with Morning Snack, Lunch and Afternoon Snack



Well Fed
Providing Meal Solutions for Busy People that want to eat well

Follows BC Healthy Eating Guidelines

Real food with no artificial colours, flavours

Made from Scratch

Local

Chicken hormone & antibiotic free

Focus on Fruits and Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>MS: Daycare to provide</p> <p>Lunch (Veggie): Tomato Soup Broccoli & Cheddar Muffin</p> <p>AS: Cucumbers, Pita & Tzatziki</p>	<p>2</p> <p>MS: Orange Slice and Choco Zucchini Muffin</p> <p>Lunch (Veggie): Mini Pita Pizzas with Tomato Sauce & Mozzarella Zucchini Bites</p> <p>AS: Broccoli and Quinoa</p>	<p>3</p> <p>MS: Mixed Fruit</p> <p>Lunch: Lemon Curry Chicken (Mild) & Couscous and Peas Lunch (Veggie): Lemon Chickpea Curry with Couscous and Peas Ginger Cookie</p> <p>AS: Watermelon and Naan Bread</p>	<p>4</p> <p>MS: Honey Dew Melon and Breakfast Cookie</p> <p>Lunch (Veggie): Mac and Cheese Maple Glazed Carrots</p> <p>AS: Roasted Sweet Potato and Grape Tomatoes</p>	<p>5</p> <p>MS: Apple Sauce with Cinnamon</p> <p>Lunch (Veggie): Cheese Quesadilla Steamed Mixed Veg</p> <p>AS: Vanilla Yogurt</p>
<p>8</p> <p>MS: Daycare to provide</p> <p>Lunch (Veggie): Baked Penne with Spinach and Mozzarella Choco Zucchini Muffin</p> <p>AS: Broccoli Quinoa</p>	<p>9</p> <p>MS: Honey Dew Melon & Whole Wheat Bagel</p> <p>Lunch (Veggie): Raspberry French Toast Casserole Mixed Fruit</p> <p>AS: Rice Crackers and Hummus</p>	<p>10</p> <p>MS: Watermelon and Choco Banana Muffin</p> <p>Lunch: Chicken Noodle Soup Lunch (Veggie): Veggie Soup</p> <p>Broccoli & Cheddar Muffin</p> <p>AS: Vanilla Yogurt</p>	<p>11</p> <p>MS: Apple Sauce with Cinnamon</p> <p>Lunch Pulled Beef and Mash Pot Lunch (Veggie): Mac N Cheese Maple Glazed Carrots</p> <p>AS: Corn Couscous</p>	<p>12</p> <p>MS: Orange Slices and Pita</p> <p>Lunch: Thai Fish Curry (Mild) with Rice Lunch (Veggie): Thai Veggie Curry (Mild) with Rice Pineapple</p> <p>AS: Cucumber & Grape Tomatoes and Dip</p>

SAMPLE MENU



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>MS: Daycare to provide</p> <p>Lunch (Veggie):</p> <p>Mac N Cheese</p> <p>Roasted Sweet Potato & Grape Tomatoes</p> <p>AS: Honey Dew and Granola Bar</p>	<p>16</p> <p>MS: Orange Slices and Whole Wheat Bagel</p> <p>Lunch (Veggie):</p> <p>Tomato Soup</p> <p>Broccoli & Cheddar Muffin</p> <p>AS: Broccoli Quinoa</p>	<p>17</p> <p>MS: Watermelon & Strawberry Salad</p> <p>Lunch: Turkey Burger on Brioche Bun</p> <p>Lunch (Veggie):</p> <p>Egg Salad on Brioche Bun</p> <p>Veggies & Ranch Dip</p> <p>AS: Apple Sauce with Cinnamon</p>	<p>18</p> <p>MS: Mixed Fruit</p> <p>Lunch (Veggie):</p> <p>Mini Pita Pizzas with Tomato Sauce & Mozzarella</p> <p>Banana Choco Chip Muffin</p> <p>AS: Pea Couscous</p>	<p>19</p> <p>MS: Cantaloupe & Choco Zucchini Muffin</p> <p>Lunch:</p> <p>Spaghetti with Meat Sauce</p> <p>Lunch (Veggie):</p> <p>Spaghetti & Tomato Sauce</p> <p>Focaccia Bread</p> <p>AS: Vanilla Yogurt</p>
<p>22</p> <p>MS: Daycare to provide</p> <p>Lunch:</p> <p>Chicken Burrito with Salsa</p> <p>Lunch (Veggie):</p> <p>Quesadillas with Bean Coleสลaw</p> <p>AS: Corn Couscous</p>	<p>23</p> <p>MS: Watermelon & Strawberry Salad</p> <p>Lunch (Veggie):</p> <p>Grilled Cheese</p> <p>Roasted Sweet Potato & Grape Tomatoes</p> <p>AS: Broccoli Quinoa</p>	<p>24</p> <p>MS: Honey Dew Melon & Granola Bar</p> <p>Lunch: Chicken Souvlaki with Lemon Potatoes & Peppers</p> <p>Lunch (Veggie):</p> <p>Roasted Chickpeas with Lemon Potatoes & Peppers</p> <p>AS: Cucumber and Tzatziki</p>	<p>25</p> <p>MS: Orange Slices and Pita</p> <p>Lunch (Veggie):</p> <p>Baked Penne with Spinach and Mozzarella</p> <p>Choco Zucchini Muffins</p> <p>AS: Vanilla Yogurt</p>	<p>26</p> <p>MS: Apple Sauce with Cinnamon</p> <p>Lunch: Salmon & Veggies</p> <p>Stir Fry with Rice</p> <p>Lunch (Veggie):</p> <p>Veggie Stir Fry with Rice</p> <p>AS: Cantaloupe & Banana Choco Chip Muffins</p>
<p>29</p> <p>MS: Daycare to provide</p> <p>Lunch:</p> <p>Spaghetti with Meat Sauce</p> <p>Lunch (Veggie):</p> <p>Spaghetti & Tomato Sauce</p> <p>Focaccia Bread</p> <p>AS: Corn Couscous</p>	<p>30</p> <p>MS: Honey Dew Melon & Granola Bar</p> <p>Lunch:</p> <p>Raspberry French Toast</p> <p>Casserole</p> <p>Mixed Fruit</p> <p>AS: Vanilla Yogurt</p>	<p>31</p> <p>MS: Apple Sauce with Cinnamon</p> <p>Lunch (Veggie):</p> <p>Mac N Cheese</p> <p>Roasted Sweet Potato & Grape Tomatoes</p> <p>AS: Watermelon & Choco Zucchini Muffin</p>		

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