

# Menu - Week 3



L&M Gelfand

**DAYCARE** 

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 	Noodle milk soup, fruit	Baguette with cream cheese, milk, fruit	Hot cereal with milk, water, fresh fruit	Noodle pareve milk soup, fruit	Cereal with milk, fruit
<b>LUNCH</b> 	White bean soup, (celery, carrots, white beans, potato), cheese, potato bourekas, on WW bread, veggie, milk, fruit	Spaghetti with tofu vegetable sauce (carrot, zucchini, tofu, tomato sauce, celery), WW bread, veggie, fruit  <i>Toddlers</i> - Vegetable soup (carrot, potato, zucchini)	Minestrone soup (carrot, potato, noodles, diced tomato, beans), egg sandwiches, WW bread, veggie, milk, fruit	Risotto with chick peas, corn (chick pea, corn, onion, carrots, cheese, milk), WW bread, veggie, milk, fruit  <i>Toddlers</i> - Vegetable soup (sweet potato, zucchini, celery)	Chala, gefelte fish/ fish stick, hush brown potato,
<b>PM SNACK</b> 	Apple sauce, cookies, fruit, milk	Veggies (baby carrot, cucumber, pepper, tomato) dip, crackers, fruit, pareve choc milk	Homemade zucchini carrot muffins, fruit, milk	Whole wheat cookie, fruit, tea	WW bread, choc spread fruit, flavored tea

# Menu - Week 4



L&M Gelfand

**DAYCARE** אכל

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 	Noodle pareve milk soup, fruit	Baguette with cream cheese, milk, fruit	Hot cereal with pareve milk, water, fruit	Noodle milk soup, fruit	Cereal with milk, fruit
<b>LUNCH</b> 	Yellow Split pea soup (carrot, zucchini), cheese sandwiches with WW bread, veggie fresh fruit	Tofu Pilaf with mixed vegetables(carrot. tofu, zucchini) and brown rice, WW bread, veggie, milk, fruit  <i>Toddlers</i> - Vegetable soup (carrot, potato, zucchini, sour cream)	Macaroni with chick peas and cheese, WW bread, veggie, milk, fresh fruit  <i>Toddlers</i> - Cream of zucchini soup (zucchini, potato, sour cream)	Cream of sweet potato soup (sweet potato, carrots, zucchini), tuna sandwiches, WW bread, veggie, fresh fruit, milk	Chala, couscous fish sticks, veggie, fresh fruit
<b>PM SNACK</b> 	Yogurt with cookies, tea	Multi grain rice cakes, jam tea, fruit	Homemade muffins, fruit, milk	Cream cheese with WW bread, fruit, caffeine free flavored tea	Apple sauce, cookies, fruit, tea