



PRINCESS PEA WINTER MENU 2017-18

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
	Home Style Chili Mac & Cheese w/ Peas & Carrots, served w/ Whole Wheat Bread	Beef & Veg Stew, served with Fluffy Butter Milk Mashed Potatoes, & Whole Wheat Bread	Chicken Meatballs, w/ Mushroom & Onion Gravy, Served w/ Potato Wedges/ Sweet Pea & Corn	Butter Chicken, served on a bed of Basmati Rice, Accompanied by Mixed Veg	Home Made Minestrone soup, with Fresh Organic Spinach, winter Veg, served with Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
<p>Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>					

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
	Cheese Stuffed Crescent Pasta, & Whole Grain Pasta, Rich & Zesty Heirloom Tomato Sauce, Diced Carrots & Peas	Beef-a-Roni, in a Rich & Meaty Beef Tomato Sauce, Served w/ Nibbles Corn & Spinach, Accompanied w/ W/W Bread	Winter Chicken Breast, w/ Cranberry Gravy Served w/ Rice, Sweet Nibble Corn & Carrots	Chicken Meatballs, w/ Tomato Gravy, Served w/ Couscous Salad/ Sweet Pea & Corn	Italian Wedding Soup, with Ribbons of Organic Collard & Fresh Spinach, Served with Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
<p>Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>					

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
	Parmesan Infused Cheese Stuffed Ravioli, Tossed with Fresh Spinach, served with Zesty Heirloom Tomato Sauce, Diced Carrots & Peas	Beef Meatballs w/ Gravy, Served w/ Savory Winter Rice & Quinoa, Organic Fresh Spinach & Sweet Corn	Chicken Alfredo, w/ Real Chicken Breast, Whole Grain Pasta, Served with Mixed Veg	Lightly Curried Chicken Drum Stick Roasted w/ Green & Red Peppers, Served w/ Basmati Rice, & Diced Baby Carrots	Homemade Alphabet Soup w/ Fresh Tomatoes, Organic Collards, and Pasta, Served w/ Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
	Organic Tomato Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veg	Salisbury Steak, & Gravy, Fluffy Mashed Potatoes w/ Fresh Chives, & Corn & Spinach	Chicken Meatballs in Mushroom Gravy, Served over a Bed of Rice Mixed Veg	Lightly Whole Grain Breaded Chicken Breast, Plum Sauce, Whole Wheat Bread, Baby Carrots & Kale	Nannies Chicken Soup, Fresh Seasonal Veg & baby Pasta, Served w/ Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
<p>Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>					

TASTE

QUALITY

AFFORDABILITY



Any Questions Please Call
416-951-4688

*Fresh Fruit and Fresh Veg Are Based On Availability
 *Fresh Fruit May Include Apples, Oranges, Pears and Whole Melons, Bananas, Pineapple
 *Fresh Veg May Include Carrots, Cucumber Sticks, Celery and Green, Red or Yellow Peppers
 *Dark Green and/o or Dark Orange Vegetables offered Daily
 *Menu Approved by Registered Holistic Nutritionist
 *All portion sizes Meet and Exceed the Standards in the Day Nursery Act & Canadian Food Guide



100% Vegetarian
 Contains 1-1 1/2 cup Legumes, Lentils or Tofu as a Meat Alternative.