

Infant Spring Menu 2023 (5-Week Rotation)

Our menu is prepared fresh in our in-house kitchen. We only use natural ingredients and make everything from scratch. We stay away from artificial and processed ingredients. If you have any questions about the menu, please see our supervisor. We also have vegetarian options every day. All meals and snacks include fresh fruit, organic milk and water.

Week One

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Breakfast | | | | |
| Cereal, Milk and Seasonal Fruits | Homemade Porridge with Banana | Toasted English Muffin with Butter Seasonal Fruits | Blueberry Muffins Seasonal Fruits | Classic Waffles with Strawberry Sauce Seasonal Fruits |
| Lunch (all meals include fresh fruit, organic milk and water) | | | | |
| Pineapple Chicken with Rice and Mix Vegetables Seasonal Fruits | Tuna with Rice Steamed Green Peas Seasonal Fruits | Potato and Leek Soup with Bread Steamed Carrot Seasonal Fruits | Lasagna Casserole with Peas and Steamed Corn Seasonal Fruits | Veggie Minestrone Soup with Crackers Seasonal Fruits |
| <ul style="list-style-type: none"> • Pineapples • Chicken Breast • Long grain Rice • Soy Sauce • Seasonal Vegetables <p>**Vegetarians will have either tofu, soy chicken, beans as a substitute for the chicken**</p> | <ul style="list-style-type: none"> • Tuna • Olive Oil • Onion • Garlic • Green Pepper • Salt • Rice • Peas • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Beef**</p> | <ul style="list-style-type: none"> • Potato • Leek • Onion • Celery • EV Olive Oil • White Beans • Salt • Green Pepper • Mozzarella/ Cheddar Cheese • Garlic Powder • Seasonal Fruits | <ul style="list-style-type: none"> • WW Pasta • Green/Red Peppers • Tomato Sauce • Lean ground Beef • Cheddar Cheese • Onion • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Beef**</p> | <ul style="list-style-type: none"> • Onion • Celery • Green/Red Peppers • Diced Tomatoes • Zucchini • White Beans • Corn • Quinoa • Seasonal Fruits |
| Afternoon Snack (all snacks include milk and water) | | | | |
| Homemade Trail Mix with Fruits | Banana Muffins with Fruits | Rice Cake with Soy Butter | Yogurt Parfait with Mix berries Digestive Crackers | Crackers and Cream Cheese Cucumber |

As we strive to use the freshest ingredients, from time to time our menu may change due to late deliveries or supplier shortage.

Week Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Breakfast | | | | |
| W.W Toast with Butter Seasonal Fruits | Cereal, Milk and Seasonal Fruits | Homemade Porridge with Banana | Pancake with Mix Berries Sauce and Seasonal Fruits | Cracker with Apple Sauce and Seasonal Fruits |
| Lunch (all meals include fresh fruit, organic milk and water) | | | | |
| Carrot and Sweet Potato Soup with Homemade Bread Steamed Green Beans, Seasonal Fruits | Beef Stew with Rice and Steamed Carrots, Seasonal Fruits | Cream of Broccoli with White Beans, Steamed Sweet Potato, Seasonal Fruits | Homestyle Pasta Fagioli with Sliced Cucumber Seasonal Fruits | Homestyle Oven Baked Fish with Rice and Green Beans Seasonal Fruits |
| <ul style="list-style-type: none"> • Carrot • Sweet Potato • Celery • Zucchini • Green Pepper • Onion • Seasonal Vegetables • Seasonal Fruits | <ul style="list-style-type: none"> • Beef • Celery • Green Peas • Red Pepper • Rice • Carrots • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the ground beef**</p> | <ul style="list-style-type: none"> • Onion • Celery • Broccoli • Zucchini • Vegetable broth • Flour • Green Pepper • Seasonal Fruits • White Beans | <ul style="list-style-type: none"> • Ditalini pasta • Chicken • Carrot • Garlic • Onion • Tomato puree • Chicken broth • Italian mix herbs • Salt • Cannellini Beans • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the beef**</p> | <ul style="list-style-type: none"> • Sole • Garlic • Bread Crumbs • Thyme • Parsley • Salt • Rice • Green Beans • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Chicken**</p> |
| Afternoon Snack (all snacks include milk and water) | | | | |
| Apple Oatmeal Crisp with Fruits | Pita with Homemade Hummus and Fruits | Homemade Zucchini Loaves with Fruits | Homemade Granola Bar and Fruits | Rice Cake with Cream Cheese and Fruits |

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Week Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Breakfast | | | | |
| Classic Waffles with Strawberry Sauce and Seasonal Fruits | Homemade Porridge with Banana | Raisin Bread with Butter and Seasonal Fruits | Cereal, Milk and Seasonal Fruits | Carrot Bread with Seasonal Fruits |
| Lunch (all meals include fresh fruit, organic milk and water) | | | | |
| Beef and Quinoa Meatloaf with Mashed potato Seasonal Fruits | Homemade Spinach and Tofu Quiche with Steamed Carrots Seasonal Fruits | Roasted Chicken with Quinoa and Black Bean, Broccoli and Cauliflower Seasonal Fruits | Black-eyed Pea Gumbo with Cucumber Slices and Seasonal Fruits | Chicken Pilaf and Steamed Carrot, Seasonal Fruits |
| <ul style="list-style-type: none"> • Lean Ground Beef • Onions • Quinoa • Potato • Nutmeg • Garlic • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Ground Beef**</p> | <ul style="list-style-type: none"> • Tofu • Egg • Garlic powder • Onion • Spinach • Mushrooms • Cheddar/Mozzarella Cheese • Flour • Salt • Seasonal Fruits | <ul style="list-style-type: none"> • Chicken • Quinoa • EV Olive Oil • Black Bean • Broccoli • Cauliflower • Vegetable Broth • Onions • Red/Green Peppers • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Chicken**</p> | <ul style="list-style-type: none"> • Green Peppers • Tomato • EV Olive Oil • Vegetable Broth • Black eyed peas • Celery • Tomato puree • Cucumber • Onions • Seasonal Fruits | <ul style="list-style-type: none"> • Chicken • Onion • Red/Green Peppers • Green Peas • Rice • Carrot • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the ground beef**</p> |
| Afternoon Snack (all snacks include milk and water) | | | | |
| Homemade Trail Mix and Fruits | Pita with Soy Butter | Yogurt Parfait with Mix Berries Digestive Crackers | Crackers with Homemade Hummus and Fruits | Apple Oatmeal Crisp and Fruits |

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Week Four

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Breakfast | | | | |
| Pita with Cream Cheese with Seasonal Fruit | Pancake with Homemade Fruit Sauce with Seasonal Fruits | Homemade Porridge with Banana | Cereal, Milk and Seasonal Fruits | Classic Waffles with Strawberry Sauce and Seasonal Fruits |
| Lunch (all meals include fresh fruit, organic milk and water) | | | | |
| Plant Based Macaroni with Soy and Tomato Sauce Served with Peas and Carrots Seasonal Fruits | Hearty Lentil Soup with Homemade Bread, Seasonal Fruits | Tuna with Rice Steamed Mix Vegetables Seasonal Fruit | Chicken Zoodle soup with Cucumber Slices, Pita Bread Seasonal Fruits | Homemade Brazilian Style Black Bean Stew with Crackers, Seasonal Fruits |
| <ul style="list-style-type: none"> • Macaroni Pasta • Soy • Tomato Sauce • Onion • Garlic • Italian Herb mix • Peas and Carrots • Salt • Seasonal Fruits | <ul style="list-style-type: none"> • Lean Ground Beef • Onions • Celery • Zucchini • Green Pepper • Carrot • Potato • Lentil • Homemade Bread • Vegetable Broth • Bay Leaf • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Ground beef**</p> | <ul style="list-style-type: none"> •Tuna • Mayonnaise • Rice • Mix Vegetables •Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Chicken**</p> | <ul style="list-style-type: none"> •Chicken •Onion •Carrots •Celery •Noodle •Cucumber •Zucchini •Basil •Oregano •Salt •Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Chicken**</p> | <ul style="list-style-type: none"> •Onion •Garlic •Sweet potato •Green/Red peppers •Tomato •Black beans •Fresh cilantro •Seasonal Fruits |
| Afternoon Snack (all snacks include milk and water) | | | | |
| Homemade Granola Bar and Fruits | Rice Cake with Cream Cheese Sliced Cucumber | Trail Mix with Fruits | Vegan Banana Loaf with Fruits | Crackers with Soy Butter and Fruits |

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Week Five

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| Breakfast | | | | |
| Cereal with Milk, Seasonal Fruits | W.W Toast with Butter, Seasonal Fruits | Homemade Porridge with Banana | Blueberry Muffins, Seasonal Fruits | Classic Waffles with Strawberry sauce and Seasonal Fruits |
| Lunch (all meals include fresh fruit, organic milk and water) | | | | |
| Chicken Parmesan served with Steamed Rice, Broccoli and Seasonal Fruits | Cream of Broccoli with Homemade Bread, Steamed Sweet Potato Seasonal Fruits | Beef Enchiladas with Green Beans and Seasonal Fruits | Vegetable Pilaf and Steamed Carrot, Seasonal Fruits | Spaghetti Meat Sauce with Cucumber Slices, Seasonal Fruits |
| <ul style="list-style-type: none"> • Chicken • Tomato Puree • Long grain rice • Mozzarella/Cheddar cheese • EV Olive Oil • Salt • Italian herb mix • Broccoli • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Chicken**</p> | <ul style="list-style-type: none"> • Broccoli • Onion • Celery • Zucchini • Green Pepper • Homemade parmesan bread stick • White Beans • Salt • Seasonal Fruits | <ul style="list-style-type: none"> • Beef • WW Tortilla • Onion • Mozzarella/Cheddar Cheese • Oregano • Parsley • Homemade Tomato sauce • Green Peppers • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Beef**</p> | <ul style="list-style-type: none"> • Rice • Red/Green Peppers • Onion • Green Peas • Potato • Tomato • Carrots • Seasonal Fruits | <ul style="list-style-type: none"> • Spaghetti • Tomato puree • Ground Beef • Onion • Green/Red Pepper • Carrot • Italian herb mix • Cucumber • Seasonal Fruits <p>**Vegetarians will have either tofu, soy chicken, eggs or beans as a substitute for the Beef**</p> |
| Afternoon Snack (all snacks include milk and water) | | | | |
| Pita with Cream Cheese, Fruits | Apple Crumble with Fruits | Yogurt Parfait with Mix berries Digestive Crackers | Rice Cake with Soy Butter with Fruits | Crackers and Apple Sauce |

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