

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, 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 Steamed Corn and Peas, Seasonal Fruits	Vegetarian Chili with Quinoa and Black Beans Seasonal Fruits
<ul style="list-style-type: none"> • Pineapples • Chicken Breast • Long grain Rice • 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 • 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 • Garlic • Diced Tomatoes • Chili Powder • Kidney Beans • White Beans • Corn • Quinoa • Black Beans • 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 Cream Cheese 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 & Pepper • 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 Hummus and Fruits	Homemade Zucchini Loaves with Fruits	Homemade Granola Bar and Fruits	Rice Cake with Homemade Apple Sauce 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 Roasted Sweet 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	Homemade Taco Pizza 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 • 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"> • Lean ground Beef • Pizza dough • Red/Green Peppers • Onion • Mushroom • Zucchini • Tomato • Homemade Pizza Sauce • Mozzarella/ Cheddar Cheese • Carrots • 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				
WW Bagel with Cream Cheese with Seasonal Fruits	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	Burrito Pie with Broccoli and Cauliflower, 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 • Garlic • Green/Red peppers • Tomato • Homemade Salsa • Flour Tortillas • Broccoli • Cauliflower • 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	Homemade Trail Mix with Fruits	Vegan Banana Loaf with Fruits	Crackers with Soy Butter and Fruits

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Week Five

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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 w/ Homemade Bread, Steamed Sweet Potato Seasonal Fruits	Beef Enchiladas w/ Green Beans & Seasonal Fruits	Homemade Vegetarian Pizza 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 • Corn • 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 Bread • 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"> • Pizza dough • Red/Green Peppers • Onion • Mushroom • Zucchini • Tomato • Homemade pizza sauce • Mozzarella/Cheddar Cheese • 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 and Digestive Crackers	Rice Cake with Soy Butter with Fruits	Crackers and Apple Sauce

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