

## WEEK 3

## BABY ROOM MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Mixed Cereal	Toast with jam	Mixed Cereal	Toast with jam	Mixed Cereal
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk
	or	or	or	or	or
	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge	Oatmeal porridge
	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk	- oatmeal - milk
<b>Lunch</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk
	Chicken rice soup with mixed veggies	Spaghetti with beef sauce	Pizza buns	Fish sticks with French fries	Macaroni and cheese
	- chicken - rice - corn - carrot - broccoli	- spaghetti - beef	- hamburger bun - pizza sauce - sliced chicken meat - mozzarella cheese		- pasta - mozzarella cheese - cheddar cheese - cream
	Pita Bread	Veggies	Veggies	Veggies	Veggies
		- carrot - peas	- carrot sticks - cucumber	- carrot sticks - cucumber	- carrot - peas
<b>PM Snack</b>	Milk	Milk	Milk	Milk	Milk
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk

All milk is 3.5% homo milk.

Extra milk is always available in the Baby room fridge, along with room temperature water.

Children are given water to drink several times a day.

Toast and bread are cut into small pieces.

Children who are able to chew are provided with chewable food.

Mixed cereal includes Cheerios, Rice Krispies, and Corn Flakes.

The daycare is a nut-free environment.

Pork and pork products are not served.