

## WEEK 4

## 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 - milk	Oatmeal porridge - oatmeal - milk	Oatmeal porridge - oatmeal - milk	Oatmeal porridge - oatmeal - milk	Oatmeal porridge - oatmeal - milk
<b>Lunch</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Milk	Milk	Milk	Milk	Milk
	Multigrain vegetable soup - lentils - barley grits - carrot - onion	Small shell pasta with beef and veggies - beef - tomato sauce - corn - peas	Chicken nuggets with potato wedges	Rice with beef and veggies - beef - rice - tomato sauce - carrots - peas	Multigrain vegetable soup - lentils - barley grits - carrot - onion
	Pita bread		Veggies - carrot sticks - cucumber		Bread
	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Homemade Cake	Fresh fruit	Fresh fruit	Apple sauce	Maria cookies
	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.