



# Lunch Lady Child Care Menu

**SPRING/SUMMER 2020 – DAIRY FREE**

Menu items are subject to change at any moment.  
 Substitutions will be made for allergies and dietary restrictions.  
 Water is available at each meal, snack time and throughout the day.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Grain Cereal, Soy Milk & Fruit	Whole Grain Bagel & Fruit	Hardboiled Egg, Whole Wheat Crackers & Fruit	Cinnamon Raisin Overnight Oats with Soy Milk	Muffin of the Day & Fruit
LUNCH	Garlic Chicken Penne with Vegan Margarine Peas & Carrots Fruit	All Day Breakfast with Vegan Pancakes, Scrambled Eggs & Home Fries Fruit	Tuna Salad Sandwich Fresh Assorted Veggies Fruit	Homemade Shepherd's Pie with Plain Mashed Potatoes Peas and Corn Fruit	Chicken Taco with Whole Wheat Wrap (No Cheese) Garden Salad Fruit
PM SNACK	Egg Salad with Whole Wheat Crackers & Veggies	Veggies & WW Crackers	Rice Cake, Jam & Fruit	Fruit & Arrowroot Cookies	Plain Trail Mix & Applesauce
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Vegan Cheese, Whole Wheat Crackers & Fruit	Muffin of the Day & Fruit	Fresh Apple & Raisin Bread	Soy Yogurt with Pineapple Tidbits	Fruit & Vegan Pancakes
LUNCH	Sweet & Sour Chicken with Whole Grain Rice Oriental Veggies Fruit	Whole Wheat Vegan Cheese Sandwich w/ Steamed Edamame Beans Fruit	Tuna Tomato Pasta (No Cheese) Steamed Green Peas Fruit	WW Spaghetti & Beef Meatballs in Homemade Tomato Sauce w/ Green Peas & Fruit	Farmer's Platter w/ Hardboiled Egg & Whole Wheat Roll & Fresh Veggies Fruit
PM SNACK	Fruit & Raisin Bread Quarters	Choco Bean & Jelly Sandwich and Peach Slices	Rice Cake, Jam & Fruit	Whole Grain Melba Toast & Orange Wedges	Arrowroot Cookies & Applesauce



**Healthy Lunches.  
 Made Simple.**

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We meet the requirements of the Early Childhood Education Act.



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Grain Cereal, Soy Milk & Fruit	Whole Grain Bagel & Fruit	Hard Boiled Egg, Whole Wheat Crackers & Veggies	Mixed Berries Overnight Oats with Sov Milk	Muffin of the Day & Fruit
LUNCH	Chicken and Egg Fried Whole Grain Rice and Steamed Veggies Fruit	Pasta with Meat Sauce Power Veggies Fruit	Little Fish Burger on Whole Wheat Bun Potato Wedges Fruit	Beef Taco Bake (No Cheese) Pita Wedges Sliced Cucumbers Fruit	Egg Salad Sandwich Fresh Veggies Fruit
PM SNACK	Egg Salad with Whole Wheat Crackers & Veggies	Veggies & WW Crackers	Rice Cake, Jam & Fruit	Fruit & Arrowroot Cookies	Plain Trail Mix & Applesauce
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Vegan Cheese, Whole Wheat Crackers & Fruit	Muffin of the Day & Fruit	Fresh Apple & Raisin Bread	Soy Yogurt with Peach Slices	Whole Grain Pancakes & Fruit
LUNCH	Teriyaki Chicken with Whole Grain Rice Steamed Veggies Fruit	Whole Wheat Sunshine Sandwich (Vegan Margarine) Home Fries Fruit	Baked Fish Burger w/ WW Dinner Roll Veggies Fruit	Beef Meatballs with Plain Mashed Potatoes, Gravy & Corn Fruit	Summer Cold Chicken Pasta Salad (No Cheese) Veggies Fruit
PM SNACK	Fruit & Raisin Quarters	Choco Bean & Jelly Sandwich and Peach Slices	Rice Cake, Jam & Fruit	Whole Grain Melba Toast & Orange Wedges	Arrowroot Cookies & Applesauce



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