

February 2024

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	<p>5 Morning Snack <i>Healthy choice cereal with 2% milk and dried fruit melody.</i></p> <hr/> <p>Lunch <i>Lean Beef Bolognese & Mozzarella lasagna with oven roasted broccoli florets.</i></p> <hr/> <p>Afternoon Snack <i>Child charcuteries with black forest ham, creamy Havarti cheese, dill pickles and whole wheat crackers.</i></p>	<p>6 Morning Snack <i>Scrambled Egg patties topped with lean sliced turkey breast and cheddar Cheese. Served with fresh cut fruit.</i></p> <hr/> <p>Lunch <i>Deconstructed Cabbage rolls - Lean ground chuck, shredded cabbage, and basmati rice cooked in a spiced tomato sauce.</i></p> <hr/> <p>Afternoon Snack <i>House made, low sugar, pumpkin loaf. Served with fresh sliced fruit</i></p>	<p>7 Morning Snack <i>In-house made apple sauce served with whole wheat Texas toast and freshly made berry preserve.</i></p> <hr/> <p>Lunch <i>Spiced lean Ground turkey, carrot, peas, and caramelized onion. Topped with a creamy pomme puree and baked to golden brown.</i></p> <hr/> <p>Afternoon Snack <i>Freshly baked banana loaf served with freshly sliced fruit.</i></p>	<p>8 Morning Snack <i>Pineapple, spinach & Green apple smoothie accompanied with a freshly baked blueberry muffin.</i></p> <hr/> <p>Lunch <i>Diced chicken breast, corn, black beans, green onion and cheese rolled in a whole wheat tortilla and topped with a house made enchilada sauce. Baked with cheddar cheese until golden.</i></p> <hr/> <p>Afternoon Snack <i>Red pepper, red onion, zucchini, and eggplant cooked down in spiced tomato sauce and placed in a freshly baked tart shell topped with a sprinkle of parmesan cheese and served with freshly sliced fruit.</i></p>	<p>9 Morning Snack <i>Freshly cracked cheesy scrambled eggs. Served with freshly sliced fruit.</i></p> <hr/> <p>Lunch <i>Pizza day - choice of pepperoni and mozzarella pizza</i></p> <hr/> <p>Afternoon Snack <i>In-house made oat, seed and cranberry bar, set with honey and cut into bars. Served with freshly sliced fruit.</i></p>	10
11	<p>12 Morning Snack <i>Freshly made pancakes. Served with sliced fruit.</i></p> <hr/> <p>Lunch <i>Penne pasta tossed in a roasted garlic and parmesan cream sauce with roasted broccoli florets.</i></p> <hr/> <p>Afternoon Snack <i>Freshly made soy butter and in-house jam sandwiches. Served with freshly sliced fruit.</i></p>	<p>13 Morning Snack <i>Freshly baked potato hashbrowns. Served with freshly cut orange sections</i></p> <hr/> <p>Lunch <i>House made all beef meatballs in a beef gravy. Served with smashed yukon golds and roasted vegetables.</i></p> <hr/> <p>Afternoon Snack <i>In house made banana pops topped with chocolate drizzle and freshly toasted coconut.</i></p>	<p>14 Morning Snack <i>Lean turkey breast and cheddar cheese baked in freshly cracked eggs, served with fresh fruit.</i></p> <hr/> <p>Lunch <i>House made Turkey chili – beans, corn, ground turkey, onions, red pepper in a spiced tomato sauce. Served with sour cream and cheddar cheese.</i></p> <hr/> <p>Afternoon Snack <i>Miniature all beef hot dogs cooked in a house made corn bread. Served with freshly sliced fruit.</i></p>	<p>15 Morning Snack <i>Freshly baked blueberry loaf. Served with freshly sliced fruit.</i></p> <hr/> <p>Lunch <i>Freshly chopped romaine lettuce tossed in Caesar dressing, topped with parmesan cheese and diced chicken breast. Served with garlicked focaccia.</i></p> <hr/> <p>Afternoon Snack <i>Fruit fondue - freshly cut fruit and wafers, served with honey yoghurt dipping sauce.</i></p>	<p>16 Morning Snack <i>Freshly made strawberry and banana smoothie. Served with a freshly baked lemon and cranberry muffin.</i></p> <hr/> <p>Lunch <i>Lightly breaded chicken breast baked until crispy, top with choice of lettuce, tomato, Garlic aioli, and cheddar cheese. Served on a golden brioche bun.</i></p> <hr/> <p>Afternoon Snack <i>Freshly bake tart shells filled with a spiced berry compote and top with a healthy oat crumble</i></p>	17
18	<p>19 Other <i>CLOSED</i></p>	<p>20 Morning Snack <i>House made cinnamon French toast. Served with a mixed berry compote.</i></p> <hr/> <p>Lunch <i>Farfalle pasta with roasted red pepper and chicken sausage in a roasted onion and basil tomato sauce.</i></p> <hr/> <p>Afternoon Snack <i>Apple nachos- apple slices topped with healthy date caramel, shredded coconut and dried cranberries.</i></p>	<p>21 Morning Snack <i>House made mini cheddar quiche. Served with freshly sliced fruit.</i></p> <hr/> <p>Lunch <i>Deconstructed stuffed pepper - Spiced lean ground chuck with diced peppers, caramelized onion, basmati rice cooked in a spiced tomato sauce.</i></p> <hr/> <p>Afternoon Snack <i>Freshly baked carrot loaf topped with an oat crumble. Served with freshly sliced fruit.</i></p>	<p>22 Morning Snack <i>Mixed berry, date and oat milk smoothie. Served with a freshly baked fruit and fiber muffin.</i></p> <hr/> <p>Lunch <i>Chicken teriyaki sautéed with diced red pepper, diced carrot and broccoli florets. Served on a bed of basmati rice.</i></p> <hr/> <p>Afternoon Snack <i>Freshly made roasted garlic hummus. Served with carrot and cucumber batons and locally made pita bread.</i></p>	<p>23 Morning Snack <i>Strawberry and honey fresh yogurt. Served with granola and graham crackers</i></p> <hr/> <p>Lunch <i>Seasoned lean ground chuck cooked in a light barbeque sauce and placed on a golden brioche slider bun. Served with a kid friendly Greek salad</i></p> <hr/> <p>Afternoon Snack <i>In house made healthy brownies served with fresh sliced fruit.</i></p>	24
25	26	27	28	29	1	2