

# MENU



MAHOGANY LEARNING CENTRE  
*A Daycare with Distinction*

REVISED September 2019

WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fresh cooked Oatmeal w/ dried raisin  Milk	Bagel w/ cream cheese  Milk	Cereal (of their choice)  Milk	Yogurt Fresh fruits  Milk	100% whole wheat bread toast  Milk
LUNCH	Asian (rice noodle) chicken Vegetables (corn, long beans, peas, and carrots) Homemade sauce base on light tamari sauce Fresh fruits	Homemade chicken rice soup w/ vegetables  Bread w/ butter  Fresh fruits	Baked herbed Fish w/ rice  Steamed vegetables  Fresh fruits	Baked chicken breast w/ mashed potatoes  Steamed seasonal vegetables  Fresh fruits	Homemade Chili on whole wheat bun  Mixed vegetables  Fresh fruits
AFTERNOON SNACK	Cheese marble or cheddar  Crackers	Nutri-grain bars Fresh cut vegetables	Whole wheat tortilla roll ups with cream cheese and carrots stick	Raspberry muffin  Fresh cut vegetables	Fruits and rice crackers

**NOTE :**

- Juice served is strawberry, apple or peach.
- Bread / Toast is white / whole-wheat with margarine / raspberry or strawberry jam, cinnamon.
- Children remaining at 5:00pm are served a light snack of soda crackers.
- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.

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WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Oatmeal w/ dried raisin  Milk	Bagel w/ cream cheese  Milk	Cereal (of their choice)  Milk	Yogurt w/ fresh fruits  Milk	Whole wheat bread toast  Milk
LUNCH	Chicken and vegetables stir fry w/ rice Fresh fruits	Spaghetti (beef, pasta, tomato sauce) Carrots Fresh fruits	Homemade Chicken rice soup w/vegetables Bread w/butter fresh fruits	Tune Melt (Buns,tuna,mayo, cheese)Carrot sticks Fresh fruits	Homemade chicken and vegetable noodle soup w/ corn bread Fresh fruits
AFTERNOON SNACK	Cranberry bars fresh cut vegetables	Homemade banana bread Fresh fruits	Fresh fruits w/ rice krispy squares	Yogurt w/mountain mix	Multigrain tortillas Homemade salsa

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WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Oatmeal w/cinnamon  Milk	Bagel w/ cream cheese  Milk	Cereal (of their choice)  Milk	Yogurt w/ fresh fruits  Milk	Whole wheat bread toast  Milk
LUNCH	Homemade macaroni cheese Chickpea and vegetable salad Fresh Fruit	Homemade baked chicken w/ rice Steamed vegetables Fresh fruits	Homemade chicken lentil soup  Whole wheat bread w/ butter  Fresh fruits	Hamburger w/ whole wheat bun Lettuce, cucumber and tomatoes  Fresh fruits	Homemade cheese Pizza Chickpea and Caesar salad
AFTERNOON SNACK	Blueberry muffin Fresh cut vegetables	Carrot loaf Fresh fruits	Apple loaf bread Fresh fruits	Apple sauce & puffed wheat	Homemade Oatmeal cookies  Fresh fruits

**NOTE :**

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