

# Day Care Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1  Lunch	Minestrone Soup With Whole Wheat Pasta, Milk	Stewed Chicken, Quinoa, Steamed Carrots, Milk	Fish Taco, Coleslaw, Milk	Stir-fried Tofu and Vegetables, Brown Rice, Milk	Baked Ham, German Potato Salad, Mixed Veggies, Milk
WEEK 2  Lunch	Black Bean and Brown Rice Mexi Casserole, Milk	Barley Chickpea Curried Salad, Milk	Salmon Noodle Casserole with Mixed Veggies, Milk	Mediterranean Veggie Frittata, Milk	Pulled Pork on Whole Wheat Buns, Salad, Milk
WEEK 3  Lunch	Lazy Veggie Lasagna With Broccoli and Tomato, Milk	Butter Chicken, Brown Rice & Cauliflower, Milk	Tuna Melts on Whole Wheat Buns with Salad, Milk	Stewed Lentils, Squash and Roasted Zucchini, Milk	Shepherd's Pie with Mixed Veggies, Milk
WEEK 4  Lunch	Tofu Loaf, Mixed Veggies, Cranberry Sauce, Milk	Chicken, Barley & Broccoli Casserole Milk	Shrimp Vermicelli Salad with Bell Peppers, Milk	Homemade Tomato Soup, Grilled Cheese Sandwiches, Milk	Beef Adobo, Potatoes, Steamed Carrots, Milk