

KINDERSCHOOL @ ADLERIAN NURSERY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pasta in Tomato Sauce Edamame (steamed)	Chicken Fingers with Rice Pilaf (peas, sweet peppers & carrots)	Beef Meatballs with Mashed Potatoes, Gravy & Peas	BBQ Chicken Bites with Steamed Corn Niblets & a Wholegrain Dinner Roll	Turkey “Egg Roll in a Bowl” (ground turkey, shredded carrots & cabbage) on Steamed Brown Rice
Veg Option (includes dairy & eggs)	-	Veggie Fingers with Rice Pilaf	Homemade Blackbean Quinoa Loaf with Mashed Potatoes, Gravy & Peas	BBQ Tofu Bites with Steamed Corn Niblets & a Wholegrain Dinner Roll	Veggie “Egg Roll in a Bowl” (minced soy, shredded carrots & cabbage) on Steamed Brown Rice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni & Cheese with Squash	Roasted Chicken, Potatoes & Carrots	Beef Vegetable Noodle Stirfry (egg-free)	Baked Fish with Steamed Rice & Veggies	Turkey & Cheese Sandwich on whole wheat bread Garden Salad with Italian Dressing
Veg Option (includes dairy & eggs)	-	Roasted Tofu, Potatoes & Carrots	Tofu Vegetable Noodle Stirfry	Baked Tofu with Brown Rice & Veggies	Veggie & Cheese Sandwich on whole wheat bread

Fruit / Veggie(s) will vary day to day. Based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened) and may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Veggie(s) provided can be fresh, canned or frozen and may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc. Water is available at the school, at each meal and snack time throughout the day. **Please note this menu is subject to change. Substitutions will be made for allergies and dietary restrictions.**

Menu is valid for September 6, 2021 – March 11, 2022.

Helping children eat well and perform better since 2001.



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Creamy Chicken Pasta with Broccoli Florets	Falafel Buddha Bowl with Quinoa, Diced Cucumbers, Tomatoes & Cucumber Dressing	Chicken Vegetable Fried Rice	Marinara Beef Meatballs on Mashed Potatoes with Corn Niblets	Potato & Onion Perogies with Sourcream Cucumber Slices
Veg Option <small>(includes dairy & eggs)</small>	Creamy Pasta with White Beans & Broccoli Florets	-	Tofu Vegetable Fried Rice	Marinara Veggie Meatballs on Mashed Potatoes with Corn Niblets	-

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni & Cheese with Squash	Chicken Spinach Curry with Basmati Rice	Beef Ziti Pasta with Carrots	Greek Chicken with Steamed Rice & Corn	Cheese & Potato Perogies with SourCream Edamame (steamed, cold)
Veg Option <small>(includes dairy & eggs)</small>	-	Chickpea Spinach Curry with Basmati Rice	Ziti Pasta with Minced Soy and with Carrots	Greek Tofu with Steamed Rice & Corn	

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