

Daycare Meal Schedule – January/February 2023

Monday*	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Acorn/Little Acorn Closed. Happy New Year! 	Vegan Lentil Ragout (Dairy Free)	Curried Beef Stew with Roasted Vegetables and Potatoes (Dairy Free)	Creamy Pasta Casserole with Tuna and Veggies	Chicken and Bean Burritos
9	10	11	12	13
Diced Chicken, Bread, Cheese, Vegan Soup	Vegetable Tagine with Chickpeas, Couscous & Sultanas with Harissa Sauce (Dairy Free)	Chicken Stew with Peas, Carrots & Potatoes	Beef Sausage Ragout with Pasta Roasted Vegetable and Tomato Sauce	Salmon & Potato Cakes
16	17	18	19	20
Diced Chicken, Bread, Cheese, Vegan Soup	Curried Chickpea Stew with Vegetables (Dairy Free)	Pad Thai Style Salmon with Roasted Veggies and Rice Noodles (Dairy Free)	Stir Fried Rice with Chicken and Veggies (Dairy Free)	Beef Burritos
23	24	25	26	27
Diced Chicken, Bread, Cheese, Vegan Soup	White Bean Ragout with Roasted Vegetables and Nut Free Pesto (Dairy Free)	Beef Meatballs with Veggies, Pasta & Tomato Sauce	Tuna Casserole with Rice and Veggies (Dairy Free)	Chicken Pizza
30	31	1	2	3
Diced Chicken, Bread, Cheese, Vegan Soup	Lentil & Roasted Vegetable Stew (Dairy Free)	Beef Meatloaf with Mashed Potatoes and Veggies	Creamy Chicken & Vegetable Pasta Casserole	Salmon & Potato Cakes

*Mondays - Soups and Chicken are Dairy Free.

Daily Seasonal Vegetable Platter: Minimum three vegetables with dip

Daily Seasonal Fruit Platter: Minimum three fruits

Daily Whole Wheal Muffin, Loaf or Cookie