

Daycare Meal Schedule – January 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
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*CLOSED FOR THE HOLIDAYS!			HAPPY NEW YEAR! 	Curry Chickpea Stew with Roasted Vegetables (Egg Free, Dairy Free, Vegan, Gluten Free)
5	6	7	8	9
Chicken, Bread, Cheese, Vegan Soup, Dip (Egg Free)	Sweet Potato Noodles with Roasted Tofu and Vegetables, Tamari Dressing (Egg Free, Gluten Free, Vegan, Dairy Free)	Salmon and Potato Cakes, Kale and Cabbage Slaw with Apple Cider Vinaigrette (Egg Free)	Beef Shepherd's Pie with Creamed Corn, Carrots and Peas (Egg Free, Gluten Free)	Chicken and Roasted Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
12	13	14	15	16
Chicken, Bread, Cheese, Vegan Soup, Dip (Egg Free)	Pasta with White Beans, Roasted Vegetables and Tomato Sauce, Greek Dressing and Crumbled Feta (Egg Free)	Teriyaki Salmon with Rice and Roasted Vegetables (Egg Free, Dairy Free, Gluten Free)	Beef and Bean Chili with Roasted Vegetables + Corn Chips on the side (Egg Free, Dairy Free, Gluten Free)	Chicken and Black Bean Burritos with Salsa and Cheese (Egg Free)
19	20	21	22	23
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potatoes with Black Beans, Roasted Corn, Peppers and Chili Lime Sauce (Vegan, Dairy Free, Gluten Free, Egg Free)	Salmon and Roasted Vegetable Noodle Stir Fry (Egg Free, Dairy Free)	Chicken Stew with Potatoes, Carrots and Leeks (Egg Free, Gluten Free)	Beef and Roasted Vegetable Pizzas with Tomato Sauce and Cheese (Egg Free)
26	27	28	29	30
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potato, Black Bean and Vegetable Chili (Vegan, Dairy Free, Egg Free, Gluten Free, NOT SPICY)	Teriyaki Salmon and Rice with Roasted Vegetables (Egg Free, Dairy Free, Gluten Free)	Creamy Chicken, Pasta and Roasted Vegetable Casserole (Egg Free)	Beef and Black Bean and Roasted Vegetable Burritos (Egg Free)

*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 Wheat Muffin, Loaf or Cookie