



# PRINCESS PEA SPRING MENU 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 1	<p>Home Made Chili Style Mac &amp; Cheese, Whole Grain Pasta, Mixed Veg</p> <p>Fresh Honeydew 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Mexican Tomato Chicken served on a bed of Basmati Rice, accompanied with Broccoli and Corn.</p> <p>Fresh Oranges 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Beef Meatballs Torpedose in a Tangy Tomato Marinara Sauce Accompanied by Sweet Pea &amp; Corn</p> <p>Fresh Apples 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Chicken Breast, Warm Pasta Salad, Served with Carrots and Spinach</p> <p>Fresh Cantaloupe 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Homemade Tuscan Ribollita Soup, Fresh Swiss Chard, White Beans, and Baby Pasta</p> <p>Fresh Banana 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>
	<p>Broken Lasagn, Baked Pasta mixed with Fresh Tomatos, spinach, &amp; Feta cheese. Served with Toomato Sauce &amp; Mixed Veg</p> <p>Fresh Honeydew 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Spring Chicken , w/ Mandarin Orange and Ginger Glaze, Served with Warm Pasta Salad &amp; Sweet Nibble Corn &amp; Carrots</p> <p>Fresh Oranges 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Beef Stuffed Ravioli in a Rich Tomato Sauce with Mixed veg. Accompanied w/ W/W Bread</p> <p>Fresh Apples 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Chicken Meatball, Gravy, Cousecouse Salad, Mixed Veg</p> <p>Fresh Cantaloupe 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Curry Vegetable Lentil Stew, w/ Tomatis, Lentils, Chickpea, Okra &amp; Potatos. Served over Rice</p> <p>Fresh Banana 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>
WEEK 2	<p>Cheese Stuffed Tortellini, &amp; Whole Grain Pasta, Rich &amp; Zesty Heirloom Tomato Sauce, Diced Carrots &amp; Peas</p> <p>Fresh Honeydew 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Chicken Meatballs w/ BBQ Gravy, Cousecouse Salad, Spinach &amp; Sweet Corn</p> <p>Fresh Oranges 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Lightly Curried Chicken Drum Stick Roasted w/ Green &amp; Red Peppers, Served w/ Basmati Rice, &amp; Diced Baby Carrots</p> <p>Fresh Apples 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Beef-a-Roni, Whole Grain pasta, with a Rich Lean Ground Beef Tomato Sauce, Served with Mixed Veg</p> <p>Fresh Cantaloupe 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Home Made Ministrone Soup, Baby Pasta, Garlic Bread</p> <p>Fresh Banana 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>
	<p>Organic Rose Alfredo Sauce Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread &amp; Mixed Veg</p> <p>Fresh Honeydew 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Basil Pesto Cream Chicken, Carrots &amp; Green Beans, &amp; Garlic Bread</p> <p>Fresh Oranges 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Swedish Beef Meatballs, Potato Wedge, Mixed Vegetables</p> <p>Fresh Apples 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>BBQ Style Chicken, Warm Couscous. Baby Carrots &amp; Kale</p> <p>Fresh Cantaloupe 2% Milk</p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>	<p>Paneer Masala, w/ Lentils, Tomatis, Red/ Green Swwet Peppers, Served with Basmati Rice &amp; Nan</p> <p>Fresh Banana 2% Milk </p> <p><b>Sp. Request:</b> <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU</p>

**TASTE**

**QUALITY**

**AFFORDABILITY**



2 Servings of Dairy



4 Servings of Fruit & Veg

Any Questions Please Call  
416-951-4688

\*Fresh Fruit and Fresh Veg Are Based On Availability

\*Fresh Fruit May Include Apples, Oranges, Pears and Whole Melons, Bananas, Pineapple

\*Fresh Veg May Include Carrots, Cucumber Sticks, Celery and Green, Red or Yellow Peppers

\*Dark Green and/o or Dark Orange Vegetables offered Daily

\*Menu Approved by Registered Holistic Nutritionist

\*All portion sizes Meet and Exceed the Standards in the Day Nursery Act & Canadian Food Guide



3 Servings of Grain



1 Serving of Meat



100% Vegetarian  
Contains 1-1 1/2 cup Legumes, Lentils or Tofu as a Meat Alternative.