

PRINCESS PEA SPRING MENU 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 1	Home Made Chili Style Mac & Cheese, Whole Grain Pasta, Mixed Veg	Mexican Tomato Chicken served on a bed od Basmati Rice, accompanied with Broccoli and Corn.	Beef Meatballs Torpedose in a Tangy Tomato Marinara Sauce Accompanied by Sweet Pea & Corn	Chicken Breast, Warm Pasta Salad, Served with Carrots and Spinach	Homemade Tuscan Ribollita Soup Fresh Swiss Chard, White Beans, and Baby Pasta
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 2	Broken Lasagn, Baked Pasta mixed with Fresh Tomatos, spinach, & Feta cheese. Served with Toomato Sauce & Mixed Veg	Spring Chicken , w/ Mandarin Orange and Ginger Glaze, Served with Warm Pasta Salad & Sweet Nibble Corn & Carrots	Beef Stuffed Ravioli in a Rich Tomato Sauce with Mixed veg. Accompanied w/ W/W Bread	Chicken Meatball, Gravy, Cousecouse Salad, Mixed Veg	Curry Vegetable Lentil Stew, w/ Tomatis, Lentils, Chickpea, Okra & Potatos. Served over Rice
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
EK 3	Cheese Stuffed Tortellini, & Whole Grain Pasta, Rich & Zesty Heirloom	Chicken Meatballs w/ BBQ Gravy,	Lightly Curried Chicken Drum Stick	Beef-a-Roni, Whole Grain pasta,	
EK	Tomato Sauce, Diced Carrots & Peas	Cousecouse Salad, Spinach & Sweet Corn	Roasted w/ Green & Red Peppers, Served w/ Basmati Rice, & Diced Baby Carrots	with a Rich Lean Ground Beef Tomato Sauce, Served with Mixed Veg	Home Made Ministrone Soup, Baby Pasta, Garlic Bread
/EEK	Tomato Sauce, Diced Ćarrots & Peas Fresh Honeydew	Sweet Corn Fresh Oranges	Served w/ Basmati Rice, & Diced Baby Carrots Fresh Apples	Tomato Sauce, Served with Mixed Veg Fresh Cantaloupe	Pasta, Garlic Bread Fresh Banana
WEEK	Tomato Sauce, Diced Carrots & Peas	Sweet Corn	Served w/ Basmati Rice, & Diced Baby Carrots	Tomato Sauce, Served with Mixed Veg	Pasta, Garlic Bread
WEEK	Tomato Sauce, Diced Čarrots & Peas Fresh Honeydew 2% Milk Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE	Sweet Corn Fresh Oranges 2% Milk Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE	Served w/ Basmati Rice, & Diced Baby Carrots Fresh Apples 2% Milk Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE	Tomato Sauce, Served with Mixed Veg Fresh Cantaloupe 2% Milk S. Request: VEG OR SPECIAL OPTION PLEASE SEE	Pasta, Garlic Bread Fresh Banana 2% Milk Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 4					
	Organic Rose Alfredo Sauce Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veq	Basil Pesto Cream Chicken, Carrots & Green Beans, & Garlic Bread	Swedish Beef Meatballs, Potato Wedge, Mixed Vegetables	BBQ Style Chicken, Warm Couscous. Baby Carrots & Kale	Paneer Masala, w/ Lentils, Tomatise, Red/ Green Swwet Pepers, Served with Basmati Rice & Nan
	Fresh Honeydew 🔝	Fresh Oranges	Fresh Apples	Fresh Cantaloupe	Fresh Banana
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
	Sp. Request:	Sp. Request:	Sp. Request:	Sp. Request:	Sp. Request:
	VEG OR SPECIAL OPTION	VEG OR SPECIAL OPTION	VEG OR SPECIAL OPTION	VEG OR SPECIAL OPTION	VEG OR SPECIAL OPTION
	PLEASE SEE	PLEASE SEE	PLEASE SEE	PLEASE SEE	PLEASE SEE
	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU
	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU	SPECIALIZED MENU

TASTE

2 Servings of Dairy

4 Servings of Fruit &

QUALITY

Any Questions Please Call 416-951-4688



^{*}Fresh Fruit May Include Apples, Oranges, Pears and Whole Melons, Bananas, Pineapple



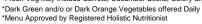
AFFORDABILITY



3 Servings of Grain 1 Serving of Meat



Tofu as a Meat Alternative.



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

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