



WEEK ONE

SPRING MENU***



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Hard boiled egg and grapefruit	Steelcut oats with butter, cinnamon, maple syrup and milk	Homemade roasted sunflower butter with apple 'chips'	Roasted Buckwheat porridge with butter and apple slices	Sweet potato soup**
LUNCH	Vegetable Starter	Grated radish and spring green salad	Baby spinach and goat cheese salad	Wheat berry salad with Spring Herbs	Grapefruit and minced Spinach Salad	Cabbage salad with mustard seed vinaigrette
	Warm Main Course*	Stone ground corn and black bean Quesadillas	Roasted fish with sauce persane (cardamom, saffron, caraway, and cloves)	Chicken 'waterzoi' (a classic Flemish stew)	Baked Sorrel and chive omellette	Braised beef with sweet and sour sauce
	Vegetable/Grain Side	Green garlic and cilantro pesto with yoghurt dip	Spring Herbs Rice Pilaf	Steamed Spring Greens	Baked sweet potato wedges	Bulghur wheat with Spring herbs
	Cheese	Grated cheddar with main meal	Apple and Pear compote	Yoghurt with cooked prunes	Yoghurt and banana	Gouda**
	Dessert	Sliced oranges				Stewed Rhubarb with Maple syrup
PM SNACK		Yoghurt with roasted pumpkin seeds, apples and maple syrup	Black Bean dip and carrot sticks	Red Kidney bean dip with baked sweet potato 'chips'	Freshly popped corn, pureed rhubarb apple smoothie	Yoghurt with apples and raw Tuckamore honey

*A vegetarian meat alternative can be provided

**Served with a slice of wholegrain organic bread

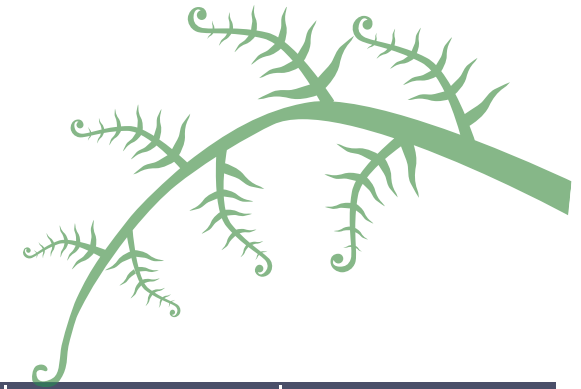
***Ingredients are primarily organic, seasonal and sustainably grown from local farms

***Menu inspired by Karen Le Billon's book "French Kids Eat Everything" and blog of regional French preschool lunches



WEEK TWO

MAY MENU***



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Hardboiled egg with orange	Banana cream oatmeal	Homemade roasted flax/sunflower seed butter with apple and carrot 'soldiers'	Polenta porridge with butter and cheddar cheese	Kiwi, toasted sunflower seeds
LUNCH	Vegetable Starter	Raw grated beet salad with vinaigrette	Grapefruit	Grated Hakurei turnip and radish salad with shredded Spring greens	Grated carrot salad	Wild Leek and Potato Soup
	Warm Main Course*	Beef and Pinto Bean Casserole	Baked Cheddar omelette with Sorrel Sauce	Minced chicken with sauce suprême	Lentils with Hard Boiled Eggs	Breaded baked wild caught Manitoulin whitefish with lemon
	Vegetable/Grain Side	Roasted Asparagus with Quinoa	Baked potatoes with fresh herbs**	Roasted root vegetables with pearl barley	Steamed spinach and potato puree	Steamed fiddleheads with butter and Arborio Rice
	Cheese	Ricotta with roasted apple	Fruit compote	Yoghurt with maple syrup and fresh fruit	Brie**	Yoghurt with fresh fruit
	Dessert				Sliced pears	
PM SNACK		Sweet potato 'chips' and yoghurt spinach dip	Beet hummus dip and carrot sticks	Carrot and Parsnip Soup**	Rhubarb and Apple smoothie with Pumpkin seeds	Apple slices with cubed cheddar

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WEEK THREE

MAY MENU***



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Hardboiled egg, pear	Roasted apple oatmeal	Homemade roasted sesame seed and honey dip with pears	Millet cooked in milk, with raw honey	Carrot and apple cinnamon soup**
LUNCH	Vegetable Starter	Orange and Beet Salad	Organic celeriac salad	Wild leek and potato soup	Green and Red Cabbage Salad in balsamic vinaigrette	Spring Vegetable Tabouleh
	Warm Main Course*	Braised lamb and navy beans	Couscous with Chickpeas and Spring Vegetables	Roast wild caught Manitoulin whitefish with Sorrel sauce	Baked chicken with sauce à l'ancienne (a mustard sauce),	Hardboiled egg with béchamel sauce
	Vegetable/Grain Side	Steamed Spinach and Potato Puree		Quinoa with Spring vegetables	Parsnip and carrot puree	Steamed spinach
	Cheese	Cheddar cubes	Ricotta with lemon and maple syrup	Yoghurt with cooked prunes	Emmenthal**	Yoghurt with cooked prunes
	Dessert	Cinnamon toast			Black currant and apple puree	

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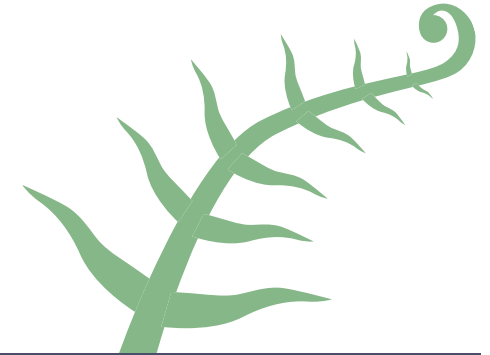
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WEEK FOUR

MAY MENU***



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK		Jamaican porridge (cornmeal with cinnamon and milk)	Oatmeal with milk and maple syrup	Hardboiled egg with orange	Buckwheat porridge with apples	Chicken soup with rice
LUNCH	Vegetable Starter	Beet salad with dill	Red cabbage salad with warm mustard and celery seed dressing	Minced radish, dill and sorrel salad	Grapefruit and Spinach salad	Grated carrot and sesame seed salad
	Warm Main Course*	Pork roast	Baked sesame tofu and spring vegetable casserole with crunchy breadcrumb topping	Baked Wild Manitoulin whitefish with sauce meunière	Roast chicken	Baked Cheese omellette**
	Vegetable/Grain Side	Sunchoke and potato puree with fresh oregano and chives		Carrot puree and brown rice	Braised rapini and pearl barley	Steamed spinach
	Cheese	Gouda**	Rice pudding with raw honey, milk and sliced apples with cinnamon	Yoghurt with cooked prunes	Rhubarb apple smoothie with yoghurt	Kiwi and orange slices
	Dessert	Orange Slices		Apple 'chips' with roasted pumpkin seed butter	Banana and dry roasted sunflower seeds	
PM SNACK		Yoghurt with apple compote	Hummus with carrot sticks	Apple 'chips' with roasted pumpkin seed butter	Banana and dry roasted sunflower seeds	Yoghurt and sorrel dip with beet 'chips'

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