

Garderie La Briosphere November Menu 2022

Revised October 25, 2022

	Monday October 31	Tuesday November 1	Wednesday November 2	Thursday November 3	Friday November 4
Week one	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal and raisons	Sliced fruit	Bagels / Cream Cheese	Banana	Sliced Fruit
	Lunch	Lunch	Lunch	Lunch	Lunch
	Beef shepherd pie / Tossed salad	Chicken Alfredo / Fettucine noodles / Caesar salad	Fish Sticks / French fries /cooked carrots	Chili / Dinner roll/ tossed salad	Mixed Sandwiches / Soup Chicken Vegetable
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack
	Halloween Cup cakes	Apples	Cheese / Crackers	cinnamon Nachos	Mixed Cookies
Week Two	Monday November 7	Tuesday November 8	Wednesday November 9	Thursday November 10	Friday November 11
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal	Sliced Fruit	Mixed Loafs	Sliced fruit	Strawberry Bars
	Lunch	Lunch	Lunch	Lunch	Lunch
	Lasagna / Caesar Salad	Soft Tacos / taco filling/ cheese/ sour cream/ Lettuce/ tomato	Chicken / Roasted Potatoes/ mixed vegetables	Ham / Butter Noodles/ Peas	Chicken Fingers/ French fries/ Sliced Cucumbers and peppers
	PM Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack
	Raison Oatmeal Cookies	Rice Krispy Squares	salmon Pate and Nan bread	Banana Bread	Cheese/ Crackers
Week Three	Monday November 14	Tuesday November 15	Wednesday November 16	Thursday November 17	Friday November 18
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	cereal	Apples	English muffin /Jam	Sliced Fruit	Blueberry Muffins
	Lunch	Lunch	Lunch	Lunch	Lunch
	Macaroni and Cheese/ Tossed salad	Roast Beef/ Mashed potatoes/ mixed Vegetables	Meatballs /rice/ Mixed vegetables	popcorn chicken Bowl/ caesar salad	Ranch Wraps / Sliced vegetables
	PM Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack
	Sliced veggies	Banana	Nan Bread and Salsa	Cheese/ crackers	Protein Balls

Week Four	Monday November 21	Tuesday November 22	Wednesday November 23	Thursday November 24	Friday November 25
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal and Berries	Oranges	Scone / strawberry jam	Apple sauce	Mixed muffins
	Lunch	Lunch	Lunch	Lunch	Lunch
	Roasted chicken / Mashed potatoes /Peas	Spaghetti/ Meat sauce/ Caesar salad	Pancakes / turkey Sausages/ Sliced Fruit	Beef Stew/ Dinner Roll / Tossed salad	Mixed sandwiches / Pickles / Sliced veggies
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack
	Mixed cookies	Banana	Cheese / Crackers	Trail Mix goldfish/ cheerios / Cranberries	Hummus/ Nachos
	Monday November 28	Tuesday November 29	Wednesday November 30		
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal and raisons	Sliced Fruit	Waffle Dippers		
	Lunch	Lunch	Lunch	Lunch	Lunch
	Beef shepherd pie / Tossed salad	BBQ Chicken/ rice / Green Beans	Roasted Pork / Mashed potatoes/ Corn		
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack
	Sliced veggies	Ginger Snaps	Carrot cup cakes with cream cheese icing		