

Garderie la briosphere October Menu

Revised September 28, 2022

		Monday October 3	Tuesday October 4	Wednesday October 5	Thursday October 6	Friday October 7
Week one	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal	Sliced fruit	Bagels / Cream Cheese	Banana	Mixed Muffins	
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Pasta / Meatsauce / tossed salad	sausage rolls / Potato Wedges/ green beans	Breaded Chicken / Rice / Corn	Chicken and cheese Quesadilla/ Sliced veggies	Roasted Chicken / mashed potatoes/ mixed vegetables	
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack	
	Sliced vegetables	Oranges	Cheese / Crackers	cinnamon Nachos	Mixed Cookies	
	Monday October 10	Tuesday October 11	Wednesday October 12	Thursday October 13	Friday October 14	
Week Two	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack	
		Cereal	Mixed Loafs	English muffin / Jam	Strawberry Bars	
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Closed thanksgiving day	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	
		Cheese roll ups	salmon Pate and Nan bread	Cheese and Grapes	Hummas and Nachos	
	Monday October 17	Tuesday October 18	Wednesday October 19	Thursday October 20	Friday October 21	
Week Three	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack	
	cereal	Waffle Dippers	Apple Bread	Sliced Fruit		
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Macaroni and Cheese/ Tossed salad	Roast Beef/ Mashed potatoes/ Corn	Honey garlic Meatballs /rice/ Mixed vegetables	Sloppy joe/ French fries/ Cooked Carrots	Closed : Professional Learning Day	
	PM Snack	Pm Snack	Pm Snack	Pm Snack	Pm Snack	
	Sliced veggies	Ham and cheese roll up	nan Bread / Salsa	Cheese/ crackers		

Week Four	Monday October 24	Tuesday October 25	Wednesday October 26	Thursday October 27	Friday October 28
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal and Berries	Sliced Fruit	Scone / strawberry jam	Apple sauce	Mixed muffins
	Lunch	Lunch	Lunch	Lunch	Lunch
	Cheese Ravoli/ Red sauce/ Caesar salad	Pancakes/ turkey sausages / sliced fruit	Spaghetti / Meat balls / caesar salad	Chicken / Rice/ carrots	Mixed sandwiches / Pickles / Sliced veggies
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack
	Apple Crisp	Banana	Cheese / Crackers	Trail Mix goldfish/ cheerios / Cranberries	Hummus/ Nachos
	Monday October 31				
	Am Snack	Am Snack	Am Snack	Am Snack	Am Snack
	Cereal and raisons				
	Lunch	Lunch	Lunch	Lunch	Lunch
	Beef shepherd pie / Tossed salad				
	Pm Snack	Pm Snack	Pm Snack	Pm Snack	PM snack
	Halloween cup cakes				