



Week of: February 11th

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Waffles with fruit Water Fridge Temp:	Yogurt parfait Water Fridge Temp:	Banana Bread Milk Fridge Temp:	Oatmeal with fruit Water Fridge Temp:	Cinnamon Toast Milk Fridge Temp:
Lunch	Beef and vegetable spaghetti Milk Food Temp:	Chicken and potato casserole with bun Milk Food Temp:	Brown rice, chicken, vegetables Milk Food Temp:	Beef tacos Milk Food Temp:	Tomato soup with beans and bun Milk Food Temp:
Afternoon Snack	Mixed fruit Milk	Berry crumble bars Water	Green smoothie Water	Veggies and dip Water	Mixed Fruit Milk

THE HUNGRY HIPPO

CHILDCARE CENTRE

Week of: January 14th

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Water Fridge Temp:	Yogurt with fruit Water Fridge Temp:	Crumpets with butter Water Fridge Temp:	Breakfast Burrito Water Fridge Temp:	Pancakes Milk Fridge Temp:
Lunch	Chicken noodle soup Milk Food Temp:	Chili with bun Milk Food Temp:	Fettuccini alfredo with broccoli and chicken Milk Food Temp:	Eggs salad or ham sandwiches with veggies Milk Food Temp:	Turkey or Ham with roasted potatoes, veggies and bun Milk Food Temp:
Afternoon Snack	Pitas and hummus Water	Rice cakes and fruit Water	Fruit sauce and crackers Water	Baked flat bread with salsa Water	Mixed Fruit Milk

THE HUNGRY HIPPO

CHILDCARE CENTRE

Week of: January 21st

1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Yogurt and fruit Water Fridge Temp:	Home fries and Bacon Water Fridge Temp:	Toast with seed butter Water Fridge Temp:	Cinnamon Roll Milk Fridge Temp:	Crepes Milk Fridge Temp:
Lunch	Maple pear chicken and rice Milk Food Temp:	Chicken, cheese and vegetable quesadilla Milk Food Temp:	Beef and vegetable lasagna Milk Food Temp:	Ham and cheese loaf with scalloped potatoes Milk Food Temp:	Homemade perogies and broccoli salad Food Temp:
Afternoon Snack	Apples with seed butter Water	Fruit smoothie Water	Oatmeal Muffins Milk	Veggies and Dip Water	Mixed fruit Milk

THE HUNGRY HIPPO

CHILDCARE CENTRE

Week of: January 28th

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with Milk Water Fridge Temp:	Banana Bread/Muffin Milk Fridge Temp:	Bacon and tomato sandwich Water Fridge Temp:	Fruit smoothie Water Fridge Temp:	English Muffins with butter Milk Fridge Temp:
Lunch	Chicken Pot Pie Milk Food Temp:	Beef Penne Pasta Milk Food Temp:	Homemade Pizzas Milk Food Temp:	Macaroni and cheese with chicken strips and veggies Milk Food Temp:	Chicken and Vegetable Fajitas with Rice Milk Food Temp:
Afternoon Snack	Birthday Treat Milk	Fruit and Greek yogurt dip Water	Banana and wow butter wraps Water	Homemade Granola Bars Milk	Mixed fruit Milk

THE HUNGRY HIPPO

CHILDCARE CENTRE

Week of: February 4th

1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with Milk Water Fridge Temp:	French Toast Water Fridge Temp:	Bagel with cream cheese Water Fridge Temp:	Sausage and Hash browns Water Fridge Temp:	Honey and Apple Toast Water Fridge Temp:
Lunch	Hamburger and cheese pasta casserole with broccoli Milk Food Temp:	Vegetable Soup Milk Food Temp:	Shepherds pie with bun Milk Food Temp:	Grilled ham and cheese sandwiches with veggies Milk Food Temp:	Fish sticks, roasted potatoes, bun and veggies Milk Food Temp:
Afternoon Snack	Mixed Fruit Milk	Tuna pitas Water	Fruit sauce and crackers Water	Cucumber wraps Water	Mixed fruit Milk