

***Garderie Harmonie Menu***

***Week 1***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Vegetable Soup with chicken***(carrots, chicken, tomatoes, zucchini, onions, cooking cream 10%, parsley, barley or quinoa, potatoes, peppers & green beans)*&Bun Rolls**The dessert:** Tea Biscuits | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic, eggs, dill, parsley, oregano, cinnamon, butter & mashed potatoes*)**Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Yogurt | **Pasta Alfredo***(pasta, peas &chicken, cooking cream 10%, garlic, butter, milk, salt & pepper)***Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Jello  | **Sheppard’s Pie***(mashed potatoes, ground beef, onions, corn, shredded cheddar cheese, butter, milk, salt & pepper)* **Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Fruit Salad | **Cream of Broccoli** *(broccoli, celery, chicken, 10% cream, dill, potatoes, peppers, carrots, zucchini, salt & pepper)* & Bun Rolls**The dessert:** Chocolate chip cookies |
| ***Afternoon snack*** | **Mini Pizzas with Vegetables** | **Veggies and cheese** | **Blueberry Muffins**  | **Cereal with Milk** | **Philadelphia cheese spread on bread with veggies** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |

***Garderie Harmonie Menu***

***Week 2***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Minestrone Soup** *(onions, garlic, chicken, potatoes, lemon juice, celery, zucchini, parsley, carrots, tomatoes, peppers, pasta, salt & pepper)* & Bun Rolls**The dessert:** Pudding | **Spinach and Rice** *(spinach, dill, green onion, olive oil, rice, lemon juice, tomatoes, salt & pepper)***Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt) **The dessert:** Tea Biscuits  | **Lentil Soup**(onions, garlic, carrots, cumin, lentils, salt & pepper, ginger)& Bun Rolls**The dessert:** Fruit Salad | **Bolognese Pasta***(pasta, ground beef, onions, tomatoes, carrots, peppers, mushrooms, cheese)* **Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) **The dessert:** Jello  | **Tuna Salad Sandwiches***(green lettuce, mayonnaise, tuna & white bread)***The dessert:**Yogurt  |
| ***Afternoon snack*** | **Breaded carrot sticks**  | **Strawberry cake**  | **Philadelphia cheese spread on bread with veggies** | **Apricot Cake**  | **Soft banana and oat cookies with raisins** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |

***Garderie Harmonie Menu***

***Week 3***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Vegetable Soup** (carrots, quinoa or barley, tomatoes, zucchini, chicken, potatoes, onion, parsley, peppers & green beans, cooking cream) & Bun Rolls**The dessert:** Yogurt | **Pasta with ground beef and béchamel sauce**(pasta, ground beef, onion, oregano, cumin, cinnamon, salt and pepper, flour, nutmeg, butter, egg, milk and cheese) **The dessert:** Fruit Salad | **Couscous with Vegetables and chicken**(onions, chicken, tomatoes, peas, salt and pepper, couscous, zucchini, butter, garlic)**Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) **The dessert:** Jello | **Rice with Chicken**(green peppers, red peppers, carrots, garlic, onions, rice & chicken)**Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Tea Biscuits | **White bean Soup**(white beans, carrots, celery, tomatoes,)Bun Rolls**The dessert:** Pudding  |
| ***Afternoon snack*** | **Zucchini balls** | **Banana Muffins**  | **Apple Crisp** | **Soft banana and oat cookies with raisins** | **Cheese and veggies** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |



***Garderie Harmonie Menu***

***Week 4***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Chicken Stew***(Chicken, onions, potatoes, peppers, mushrooms, garlic, tomatoes, salt and pepper, carrots)*& Bun Rolls**The dessert:** Pudding  | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic, eggs, dill, parsley, oregano, cinnamon, butter & mashed potatoes*)**Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Fruit Salad | **Pasta Alfredo***(pasta, peas & chicken, cooking cream 10%, garlic, butter, milk, salt and pepper)***Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Yogurt  | **Cream of Broccoli** *(broccoli, celery, chicken, 10% cream, dill & potatoes, peppers, carrots, zuchhini, salt & pepper)* &Bun Rolls**The dessert:** Jello | **Tuna Salad Sandwiches***(green lettuce, tuna, mayonnaise & white bread)***The dessert:** tea biscuits  |
| ***Afternoon snack*** | **Philadelphia cheese spread with bread and veggies** | **Mini pizzas with vegetables** | **Oatmeal raisin cookies** | **Strawberry cake**  | **Cereal and Milk** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |

***Garderie Harmonie Menu***

***Week 5***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk  | Seasonal Fresh Fruitsand Milk  | Seasonal Fresh Fruitsand Milk  | Seasonal Fresh Fruitsand Milk  | Seasonal Fresh Fruitsand Milk  |
| ***Dinner*** | **Minestrone Soup** *(onions, garlic, beans, chicken, celery, zucchini, carrots, tomatoes, peppers pasta, parsley, potatoes, lemon juice, salt & pepper)* & Bun Rolls**The dessert**: Yogurt  | **Fish with Vegetables & Rice** *(fish, rice, celery, garlic, onion, flour, tomatoes, salt & pepper cauliflower, peppers, carrots)* **Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Fruit Salad | **Bolognese Pasta***(pasta, cheese, ground beef, onions, tomatoes, carrots, peppers, mushrooms, cumin, cinnamon, salt & pepper)***Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) **The dessert:** Tea biscuits  | **Cream of vegetable soup**(Onions, celery, milk, cooking cream, butter, chicken broth, salt, pepper, parsley, basil, broccoli, carrots, corn, green beans, flour, garlic, green peas)& Bun Rolls**The dessert:** Pudding  | **Beef and rice casserole**(brown rice, ground beef, onions, peppers, celery, tomatoes, oregano, salt & pepper, butter, bay leaves, ketchup, cheese)**The dessert:** Fruit Salad |
| ***Afternoon snack*** | **Philadelphia with Bread and veggies**  | **Cereal and** **Milk** | **Banana bread**  | **Cheese cubes & fresh veggies**  | **Cherry Crisp** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |

***Garderie Harmonie Menu***

***Week 6***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Cream of Broccoli** *(broccoli, celery, chicken, 10% cream, dill & potatoes, peppers, carrots, zucchini, salt & pepper)* &Bun Rolls**The dessert:** Cereal  | **Lasagna***(lasagna, ground beef, onions, garlic, salt & pepper, tomatoes, basil, carrots & cheese)***Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Jello | **Couscous with vegetables and chicken***(onions, chicken, tomatoes sauce, peas, salt & pepper, couscous, zucchini, butter, garlic)* **The dessert:** Fruit Salad | **Spinach and Rice** *(spinach, dill, green onion, olive oil, rice, lemon juice, tomatoes, salt & pepper)***Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Yogurt  | **Fusilli salad with tuna***(corn, mayonnaise, dill, tuna, fusilli, salt& pepper)***The dessert:** Veggies and cheese |
| ***Afternoon snack*** | **Philadelphia with Bread, and veggies** | **Banana Muffins**  | **Glazed Lemon Bars** | **Zucchini Balls** | **Brownies and Milk** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |

***Garderie Harmonie Menu***

***Week 7***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** |
| ***Morning snack***  | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk | Seasonal Fresh Fruitsand Milk |
| ***Dinner*** | **Minestrone Soup***(onions, garlic, chicken, celery, zucchini, pasta, parsley, carrots, tomatoes, peppers, potatoes, lemon juice, salt & pepper)* & Bun Rolls**The dessert:** Fruit Salad | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic, eggs, dill, parsley, oregano, cinnamon, butter & mashed potatoes*)**Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Jello | **Fish with Vegetables & Rice** *(fish, rice, celery, garlic, onion, flour, tomatoes, salt & pepper cauliflower, peppers, carrots)* **Salad** (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Tea biscuits | **White bean Soup**(white beans, carrots, celery, tomatoes, olive oil, salt & pepper)& Bun Rolls**The dessert:** Yogurt  | **Pasta Bolognese***(pasta, carrots, onions, tomatoes, peppers, mushrooms, ground beef, basil,cumin, cinnamon, salt & pepper, cheese)***Salad** (white cabbage, carrot, apple, vinegar, olive oil, salt)The dessert: Jello |
| ***Afternoon snack*** | **Veggies and cheese** | **Soft banana and oat cookies with raisins** | **Breaded carrot sticks** | **Peach Cake**  | **Various Cookies**  |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |