

***Garderie Harmonie Menu***

***Week 1***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***Morning snack*** | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and Milk | Seasonal Fresh Fruits and 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 |