

***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, barley, cooking cream 10%, parsley, quinoa, potatoes, peppers & beans)*&Bun Rolls**The dessert:** Biscuits and Milk | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic & potatoes*)&Bun RollsSalad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Yogurt | **Pasta Alfredo***(pasta, peas &chicken, cooking cream 10%)*& Bun RollsSalad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Jello and Milk | **Sheppard’s Pie***(mashed potatoes, ground beef, onions, corn, shredded cheddar cheese)* & Bun RollsSalad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Yogurt | **Cream of Broccoli** *(broccoli, celery, chicken, 10% cream, dill & potatoes)* & Bun Rolls**The dessert:** Chocolate chip cookies |
| ***Afternoon snack*** | **Croissant and Milk** | **Veggies and cheese** | **Blueberry Muffins and****Milk** | **Cereal with Milk** | **Philadelphia with Bread and 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, beans, chicken, barley, celery, zucchini, parsley, carrots, tomatoes, peppers, pasta & oregano)* & Bun Rolls**The dessert:** Puddingand Milk | **Couscous with Chicken & Vegetables** *(onions, chicken, tomatoes, peas, red peppers, green peppers, zucchini & garlic)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt) & Bun Rolls **The dessert:** Tea Biscuits and Milk | **Lentil Soup**(onions, garlic, carrots, cumin and ginger)Bun Rolls**The dessert:** Fruit Saladand Milk | **Bolognese Pasta***(pasta, ground beef, onions, garlic, tomatoes, carrots, peppers, mushrooms, cream & basil)* & Bun RollsSalad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) **The dessert:** Jello and Milk | **Tuna Salad Sandwiches***(green lettuce, tuna & white bread)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)& Bun Rolls**The dessert:**Yogurt and milk |
| ***Afternoon snack*** | **Yogurt and milk** | **Strawberry cake and****Milk** | **Cheese Cubes & Fresh veggies** | **Apricot Cake and Milk** | **Oatmeal w/ Milk** |
| ***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, tomatoes, zucchini, chicken, potatoes, onion, parsley, peppers & beans) & Bun Rolls**The dessert :** Yogurt | **Pea soup**(peas, carrots, potatoes, 15% cream)& Bun Rolls**The dessert :** Fruit Saladand Milk | **Couscous with Vegetables and chicken**(onions, chicken, tomatoes sauce, peas, peppers, vegetables broth, couscous, zucchini , butter, sweet potatoes, chickpeas, garlic)Salad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) **The dessert:** Jelly and Milk | **Rice with Chicken**(green peppers, red peppers, carrots, garlic, onions, rice & chicken)& Bun RollsSalad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Tea Biscuitsand Milk | **Lentil Soup**(onions, garlic, carrots, cumin and ginger)Bun Rolls**The dessert :** Pudding and Milk |
| ***Afternoon snack*** | **Croissant Milk** | **Banana Muffins and Milk** | **Apple Crisp** | **Oatmeal w/ Milk** | **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, red peppers, mushrooms, garlic, tomatoes, salt, pepper, carrots and rice)*& Bun Rolls**The dessert :** Pudding and Milk | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic & potatoes*)& Bun RollsSalad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Fruit Saladand Milk | **Pasta Alfredo***(pasta, peas &chicken, cooking cream 10%)*& Bun RollsSalad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Yogurt and Milk | **Cream of Broccoli** *(broccoli, celery, chicken, 10% cream, dill & potatoes)*&Bun Rolls**The dessert:** Jelly and Milk | **Tuna Salad Sandwiches***(green lettuce, tuna & white bread)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Yogurt and Milk |
| ***Afternoon snack*** | **Philadelphia with Bread and veggies** | **Oatmeal w/ Milk** | **Oatmeal raisin cookies** | **Strawberry cake and Milk** | **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, barley, celery, zucchini, parsley, pasta & oregano)* & Bun Rolls**The dessert** : Yogurt and milk | **Fish with Vegetables & Rice** *(salmon, rice & vegetables- celery, onion, cauliflower, pepper, carrots)* & Bun Rolls Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Fruit Saladand Milk | **Bolognese Pasta***(pasta, ground beef, onions, garlic, tomatoes, carrots, peppers, mushrooms, cream & basil)* Salad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil) & Bun Rolls**The dessert:** Tea biscuits and Milk | **Cream of vegetable soup**(Onions, celery, milk, cooking cream, chicken broth, salt, pepper, parsley, basil, broccoli, carrots, corn, green beans,) Bun Rolls**The dessert:** Pudding and Milk | **Beef and rice casserole**(Rice, ground beef, onions, green peppers, celery, tomato puree)**The dessert:** Fruit Saladand Milk |
| ***Afternoon snack*** | **Philadelphia with Bread and veggies**  | **Cereal and** **Milk** | **Banana Bread and Milk** | **Cheese Cubes & Fresh veggies**  | **Cherry Crisp and** **Milk** |
| ***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)* & Bun Rolls**The dessert:** Cereal with Milk | **Lasagna***(lasagna, ground beef, onions, garlic, tomatoes, basil, carrots & cheese)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)& Bun Rolls**The dessert:** Jelly and Milk | **Couscous with Vegetables and chicken***(onions, chicken, tomatoes sauce, peas, peppers, vegetables broth, couscous, zucchini, butter, sweet potatoes, chickpeas, garlic)* & Bun Rolls**The dessert:** Fruit Saladand Milk | **Bolognese Pasta***(pasta, ground beef, onions, garlic, tomatoes, carrots, peppers, mushrooms, cream & basil)*Salad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)**The dessert:** Yogurt and Milk | **Tuna Salad Sandwiches***(chopped carrots and celery, mayonnaise, tuna & white bread)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)**The dessert:** Veggies and cheese |
| ***Afternoon snack*** | **Glazed Lemon Bars** | **Croissant and****Milk** | **Philadelphia with Bread, and veggies** | **Banana Muffins and Milk** | **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, beans, chicken, barley, celery, zucchini, pasta, parsley & oregano)* & Bun RollsThe dessert: Fruit Saladand Milk | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic & potatoes*) & Bun RollsSalad (white cabbage, carrot, apple, vinegar, olive oil, salt)The dessert: Jelly and Milk | **Fish & Rice***(salmon, rice, onions, celery, cauliflower, pepper, carrots),*Bun Rolls,Salad (salad leaves, tomatoes, cucumber, lemon juice, salt, olive oil)The dessert: Muffins and Milk | **Couscous with Vegetables and chicken** *(onions, tomatoes sauce, peppers, vegetables broth, couscous, zucchini, chicken, butter, sweet potatoes, chickpeas, garlic)* & Bun RollsThe dessert: Yogurt and Milk | **Pasta Bolognese***(pasta, carrots, onions, tomatoes, peppers, mushrooms, ground beef, basil, cream, tofu cheese)*Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)The dessert: Jelly and Milk |
| ***Afternoon snack*** | **Croissant and milk** | **Oatmeal and Milk** | **Veggies and cheese** | **Peach Cake and Milk** | **Various Cookies w/Milk** |
| ***Evening snack*** | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits | Seasonal Fresh Fruits |