

***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, 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 Rolls  Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)  **The dessert:** Yogurt | **Pasta Alfredo**  *(pasta, peas &chicken, cooking cream 10%)*  & Bun Rolls  Salad (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 Rolls  Salad (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 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, barley, celery, zucchini, parsley, carrots, tomatoes, peppers, pasta & oregano)* & Bun Rolls  **The dessert:** Pudding  and 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 Salad  and Milk | **Bolognese Pasta**  *(pasta, ground beef, onions, garlic, tomatoes, carrots, peppers, mushrooms, cream & basil)* & Bun Rolls Salad (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 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, 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 Salad and 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 Rolls  Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)  **The dessert:** Tea Biscuits  and 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 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, 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 Rolls  Salad (white cabbage, carrot, apple, vinegar, olive oil, salt)  **The dessert:** Fruit Salad  and 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 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, 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 Salad  and 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 Salad  and 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 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)* & 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 Salad  and 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 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, barley, celery, zucchini, pasta, parsley & oregano)* & Bun Rolls  The dessert: Fruit Salad  and Milk | **Ground Beef Meatballs in Tomato Sauce & Mashed Potatoes** *(ground beef, tomatoes, onions, garlic & potatoes*) & Bun Rolls  Salad (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 Rolls  The 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 |