

Week 1 Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK (8:00-8:30 A.M.)	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Pancake & Fresh Fruit & Dairy Milk [Cheddar cheese Melt is served if pure vegetarian]	French Toast sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Grilled Cheddar cheese sandwich Fresh fruit & Dairy Milk	Egg omelet Whole toast Fruit & Dairy Milk
LUNCH	Lazy vegetable Lasagna [pasta, diced peppers, tomato, broccoli, mushrooms, corn, spinach, carrot, cheddar cheese] Fresh Fruit & Dairy Milk	Tomato Minestrone Soup [onion, garlic, Chickpeas, Cannellini Beans, Italian Herbs, Turmeric, Carrots, Peas, Lima beans, corn] With Sweet Potato wedges & Soy Spread Bread, Fresh fruit & water	Crunchy Chicken Wrap [Breaded Chicken strips, bell peppers, onion slivers, shredded cabbage, celery seed, black pepper, turmeric, Mayonnaise, wrap], Steamed Peas and Corn, Fresh Fruit & Dairy Milk	Potato Stew [potato, onion, garlic, carrot, peas, lentils, tomato, broccoli] on Rice with garlic bread Fresh fruit & Dairy Milk.	Chicken Fried Rice [Eggs, peas, carrots, lentils, chicken breast, corn, green onion], Diced Cucumber and Beets, Fresh Fruit & Dairy Milk.
VEGETARIAN / VEGAN	N/A	N/A	Vegetable Bean Patty with Steamed Peas and Corn, Fresh fruit & water	N/A	Eggless Vegetable lentil fried Rice, Diced Cucumber and Beets, Fresh Fruit & Dairy Milk.
PM SNACK	Oatmeal Chocolate Chip Muffins, Fresh Fruit & Dairy Milk	Nachos with Cheddar Cheese and Salsa, Fresh fruit & Water	W.W. Crackers & Cheddar Cheese with Carrot and Peppers, Cucumber Slices with Cucumber Dip & Water	Blueberry Muffin with Fresh Fruit & Dairy Milk	Yogurt, Fresh Fruit, Granola Bar & water

Notes: Water is available as a beverage throughout the day and during all mealtimes. Infants and Toddlers are served whole milk.

- Menu may change depending on seasonal availability; nutrition content will remain the same. NPNS practices allergy awareness and strives to maintain an inclusive environment.
- Any child who is present at the centre after 5.30pm is offered a dry low sugar snack.
- THE NPNS MENU IS HALAL
- REVISED: January 23rd, 2023

Week 2 Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK (8:00-8:30 A.M.)	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Pancake & Fresh Fruit & Dairy Milk [Cheddar cheese Melt is served if pure vegetarian]	French Toast with chia seeds, Fresh Fruit & Dairy Milk	Grilled Cheddar cheese sandwich Fresh fruit & Dairy Milk	Scrambled Eggs, Whole toast Fruit & Dairy Milk
LUNCH	Lazy vegetable Lasagna [pasta, diced peppers, tomato, broccoli, mushrooms, corn, spinach, carrot, chesses] Fresh Fruit & Dairy Milk	Cream of Broccoli Soup, whole wheat grilled cheddar cheese sandwich, sliced peppers and cucumbers, fresh fruit and milk.	Chicken alfredo [onion, garlic, Cheddar cheese, Cream, Milk, Italian Herbs, Turmeric, Carrots, Peas, Lima beans, corn] With Sweet Potato wedges & Lightly Steamed Broccoli Fresh fruit & water	Egg Fried Rice [Eggs, peas, carrots, onion, corn, green onion], Fresh Fruit & Dairy Milk.	Chicken Quesadilla [chicken breast, onions, tomato, refried beans, turmeric, celery seed, herbs, garlic Mexican seasoning], corn and bean salad, fresh fruit and dairy milk.
VEGETARIAN / VEGAN	N/A	N/A	Vegetable Bean Pasta With Sweet Potato wedges & Lightly Steamed Broccoli Fresh fruit & water	Eggless Vegetable fried Rice	Bean Quesadilla with corn and cucumber salad, fresh fruit, and dairy milk.
PM SNACK	Oatmeal Chocolate chip muffin, Fresh Fruit & Dairy Milk	Nachos with Cheddar Cheese and Salsa, Fresh fruit & Water	W.W. Crackers & Cheddar Cheese with Carrot and Peppers, Cucumber Slices with Cucumber Dip & Water	Fruit Muffin with Fresh Fruit & Dairy Milk	Chia seed vanilla Yogurt pudding, Fresh Fruit, Homemade Granola & water

REVISED: January 23rd, 2023

Week 3 Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK (8:00-8:30 A.M.)	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Pancake & Fresh Fruit & Dairy Milk [Cheddar cheese Melt is served if pure vegetarian]	Chia seed vanilla Yogurt pudding, Fresh Fruit, Homemade Granola & water	Grilled Cheddar cheese sandwich Fresh fruit & Dairy Milk	Whole wheat French Toast Fruit & Dairy Milk
LUNCH	Lazy vegetable Lasagna [pasta, diced peppers, tomato, broccoli, mushrooms, corn, spinach, carrot, chesses] Fresh Fruit & Dairy Milk	Vegetable Soup with Pasta [Tomato, onions, chick pea, celery, carrots, cannellini beans, pasta, celery seed, Italian herbs, turmeric, salt, pepper], grilled cheese sandwich, fresh fruit, cucumbers, dairy milk.	Chicken Fried Rice [Chicken, Eggs, peas, carrots, green onion, corn], Chopped salad, Fresh Fruit & Dairy Milk.	Chicken Quesadilla [chicken breast, onions, tomato, refried beans, turmeric, celery seed, herbs, garlic Mexican seasoning], corn and bean salad, fresh fruit and dairy milk.	Chicken alfredo [onion, garlic, Cheddar cheese, Cream, Milk, Italian Herbs, Turmeric, Carrots, Peas, Lima beans, corn] With Sweet Potato wedges & Lightly Steamed Broccoli Fresh fruit & water
VEGETARIAN / VEGAN	N/A	Vegetable Bean Pasta With Sweet Potato wedges & Lightly Steamed Broccoli Fresh fruit & water	N/A	Eggless Vegetable fried Rice	N/A
PM SNACK	Low Sugar Muffins, Fresh Fruit & Dairy Milk	Nachos with Cheddar Cheese and Salsa, Fresh fruit & Water	Blueberry Muffin with Fresh Fruit & Dairy Milk	Yogurt, Fresh Fruit Granola Bar & water	W.W. Crackers & Cheddar Cheese with Carrot and Peppers, Cucumber Slices with Cucumber Dip & Water

Week 4 Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK (8:00-8:30 A.M.)	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Pancake & Fresh Fruit & Dairy Milk [Cheddar cheese Melt is served if pure vegetarian]	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy Milk	Grilled Cheddar cheese sandwich Fresh fruit & Dairy Milk	French Toast, Fruit & Dairy Milk
LUNCH	Lazy vegetable Lasagna [pasta, diced peppers, tomato, broccoli, mushrooms, corn, spinach, carrot, chesses] Fresh Fruit & Dairy Milk	Tomato Minestrone Soup [onion, garlic, Chickpeas, Cannellini Beans, Italian Herbs, Turmeric, Carrots, Peas, Lima beans, corn] With Sweet Potato wedges & Soy Spread Bread, Fresh fruit & water	Crunchy Chicken Wrap [Breaded Chicken strips, bell peppers, onion slivers, shredded cabbage, celery seed, black pepper, turmeric, Mayonnaise, wrap], Steamed Peas and Corn, Fresh Fruit & Dairy Milk	Bean Chili sprinkled with Cheddar Cheese, On couscous, chopped salad, Fresh Fruit & Dairy Milk.	Potato vegetable Stew [potato, onion, garlic, carrot, peas, lentils, zucchini, tomato, broccoli] on Rice with garlic bread Fresh fruit & Dairy Milk.
VEGETARIAN / VEGAN	N/A	N/A	Vegetable Bean Patty With Steamed Peas and Corn, Fresh Fruit & Dairy Milk	Eggless Vegetable fried Rice	N/A
PM SNACK	Low Sugar Muffins, Fresh Fruit & Dairy Milk	Nachos with Cheddar Cheese and Salsa, Fresh fruit & Water	Yogurt, Fresh Fruit, Granola Bar & water	Fruit Muffins with Fresh Fruit & Dairy Milk	W.W. Crackers & Cheddar Cheese with Carrot and Peppers, Cucumber Slices with Cucumber Dip & Water

Notes: Water is available as a beverage throughout the day and during all mealtimes. Infants and Toddlers are served whole milk.

REVISED: January. 23rd, 2023