

NPNS 2021 WEEK 1 SUMMER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal sprinkled with chia seeds, Fresh Fruit & Dairy/Almond/ Soy Milk	Egg Omelet, Whole Wheat toast, Fresh Fruit & Water [Cheddar cheese Melt is served if pure vegetarian]	Pancakes with maple syrup, fresh fruit & Dairy/Almond/ Soy 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/Almond/ Soy Milk	French Toast with sunflower & chia seeds drizzled with Maple Syrup, Fresh Fruit and Dairy/Almond/ Soy Milk [Cheddar cheese Melt is served if pure vegetarian]
Lunch	Butter Chicken with Rice [Chicken Breast, butter, onion, garlic, tomato sauce, cream, Garam & tandoori masala, celery seed, wheat germ, yogurt], on Rice [corn, onion, peas, carrots, rice] Chopped Salad [Cucumbers, green lentils, Shredded lettuce] Fresh Fruit & Dairy/Almond/ Soy Milk	Potato Salad [Potato, pickle juice, boiled eggs, garlic, pickles, mayo, black pepper, salt, turmeric, celery seed], Cheddar Cheese and cucumber/ apple Sandwiches with soy spread, Fresh Fruit & Dairy /Almond/ Soy Milk	Vegetable Quesadilla [mushroom, cannellini & refried beans, avocado, Cheddar & Monterrey Jack cheese, onions, garlic, tomato paste, turmeric, sea salt, pepper, ginger, celery seed, Italian herbs in a tortilla], Spanish Rice [Rice, tomato, onions, corn, turmeric, Carrot & Peas], Cucumber and Carrot sticks, Fresh Fruit & Dairy/Almond/ Soy Milk	Crunchy Falafel Wrap [Chick pea based falafel balls, bell peppers, onion slivers, shredded cabbage, celery seed, black pepper, turmeric, hummus, wheat wrap], Steamed Peas and Corn, Fresh Fruit & Dairy/Almond/ Soy Milk	Pulled Chicken [Chicken breast, tomato, onions, garlic, ginger, sweet peppers, turmeric] with Garlic Mashed Potato's, Lightly Steamed Broccoli, Whole Wheat Bread with soy spread, With Fresh Fruit & Dairy/Almond/ Soy Milk
Vegetarian/ Vegan	Butter chickpea and Lentils on Rice [Chick Pea, Lentils , onion, garlic, tomato sauce, , garam & tandoori masala, celery seed, vegan yogurt]	n/a	n/a	n/a	High Protein Vegetable Stew
PM Snack	Nachos with Salsa and Shredded Cheddar Cheese, cucumber/sweet pepper slices & Water	Fruit Explosion Muffins with [Bran Muffin Mix baked with fresh fruit & chia seeds], with Apple Sauce Fruit dip & Water	W.W. Crackers & Cheese with Carrot and Peppers, Cucumber Slices with Cucumber Dip & Water	Banana Bread with Chia Seeds, with Fresh Fruit & Milk	Mini Quiche [egg, flour, corn, spinach, turmeric, onions, salt, garlic, ginger, celery seed, feta cheese, cheddar cheese/sunflower/pumpkin seeds, oil] with Salsa Dip & Water

*Menu is subject to change. Fresh Fruit may vary depending on seasonal availability, check fruit chart

NOTES: Water is available as a beverage throughout the day and during all meal times. Toddlers are served whole milk.

- Only 'PEANUT and CASHEW' FREE products served – menu may change slightly depending on availability, nutritional content will remain. ALMONDS ARE SERVED AT NEW PLAYLAND
- Any child who is present at the centre after 5:30pm is offered a dry low sugar snack



THE NPNS MENU IS HALAL



NPNS 2021 WEEK 2 SUMMER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal With Fresh Fruit & Dairy /Almond/ Soy Milk	Pancakes & Fresh Fruit & Dairy /Almond/ Soy Milk	French Toast with Maple Syrup, Fresh Fruit and water [Cheddar cheese Melt is served if pure vegetarian]	Scrambled Eggs/ Omelet with Whole wheat toast, Fresh Fruit & Water [Open face grilled cheese toast is served if vegetarian]	Egg Salad Sandwiches, fresh fruit and soy milk [Cheddar cheese Melt is served if pure vegetarian]
Lunch	Cheese up your Mac! [elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk] Sweet Corn & zucchini salad [Corn kernels, zucchini, cherry tomatoes, black beans, lemon juice, Italian seasoning], Garlic Bread & Fresh Fruit & Dairy/Almond/ Soy Milk	Chicken Breast Fingers with sweet and yellow Potato wedges and Broccoli Crowns, Fresh Fruit & Dairy/Almond/ Soy Milk	Vegetable Quiche [eggs, pie crust, shredded chicken, diced peppers, tomatoes, black olives, broccoli, shredded cheddar cheese, green onions, celery, spinach, salt, black pepper, cream] with Jersey Salad [romaine lettuce, red onion slivers, croutons, shredded carrot and cabbage] [Dairy/Almond/ Soy Milk	Bean & Pasta Salad [Black Beans, chick peas, carrots, celery, turmeric, black olives, celery seed, ginger, pasta, garlic] With cheddar cheese and sliced tomato sandwiches, Fresh Fruit & Dairy/Almond/ Soy Milk	Chicken Tortilla Soup, [Chicken breast, onion, Italian diced tomatoes, bell pepper, herbs, celery seed, salt, pepper, spinach, tomato paste, black beans, vegetable broth, paprika, salsa, corn, cilantro, lime juice, cumin], Garlic Bread, Greek Salad [cucumbers, tomato, feta, chick peas, shredded cabbage, black olives with dressing], Fresh Fruit & Dairy/Almond/ Soy Milk
Vegetarian/ Vegan	n/a	High Protein Bean burger fingers	n/a	n/a	Tofu, Bean vegetable soup
PM Snack	Bran/Banana Wheat Germ/Oat Bran Muffin with wheat germ with Fresh Fruit and Dairy /Almond/ Soy Milk	Mexican Cornbread [cornmeal, shredded cheddar cheese, buttermilk, creamed corn, herbs, salt, olive oil, green onions] with salsa dip, sliced cucumbers and Water	Trail Mix [popcorn with nutritional yeast, life cereal, dried apricots & cranberries, cheerios, low sodium pretzels], cheddar cheese cubes with Fresh Fruit	Apple Zucchini Turnovers and Dairy /Almond/ Soy Milk	Almond/Soy Milk bowls with Fresh Fruit and granola [Chia seeds soaked in milk topped with fruit & granola]

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ALMONDS ARE SERVED AT NEW PLAYLAND



NPNS 2021 WEEK 3 SUMMER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal, Fresh Fruit & Soy Milk	Breakfast Quesadillas and Water [Cheddar cheese Melt is served if pure vegetarian]	Granola sprinkled over Yogurt with Fresh Fruit & Water	Pancakes with Maple Syrup, Fresh Fruit & Soy Milk [Cheddar cheese Melt is served if pure vegetarian]	Whole wheat French toast with Maple Syrup & Fresh Fruit [Cheddar cheese Melt is served if pure vegetarian]
Lunch	Pasta Salad and Grilled Cheese Sandwich [Tomatoes, celery, celery seed, pasta, onion kidney beans, black beans, black beans chick peas, small pasta, salt,] with Cheddar Grilled Cheese Sandwiches with Green Salad [sweet green pepper, chopped celery, romaine lettuce, tomatoes, celery seeds, lemon juice, turmeric] with Fresh Fruit & Dairy/Almond/ Soy Milk	Baked Vegetable Frittata, Chopped Salad [romaine lettuce, cucumbers, shredded carrot, tomatoes, red onion] & Fresh Fruit & Dairy/Almond/ Soy Milk	Pulled Chicken Sandwich [Chicken breast, tomato, onions, sweet peppers, celery seed, turmeric] on whole wheat buns with Lightly Steamed Broccoli with soy spread, With Fresh Fruit & Dairy/Almond/ Soy Milk	Pineapple, veggie and cheese Pizza [Pita, pizza sauce, orange peppers, sweet onion slivers, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese] with Mixed Salad [Romaine Lettuce, Shredded Carrots & Cucumber], Fresh Fruit & Dairy/Almond/ Soy Milk	Chicken Tortilla Soup, [Chicken breast, onion, Italian diced tomatoes, bell pepper, herbs, celery seed, salt, pepper, spinach, tomato paste, black beans, vegetable broth, paprika, salsa, corn, cilantro, lime juice, cumin], Garlic Bread, Greek Salad [cucumbers, tomato, feta, chick peas, black olives with dressing], Fresh Fruit & Dairy/Almond/ Soy Milk
Vegetarian/ Vegan	N/A	Vegan Frittata	Vegetable Bean Burger	N/A	Veggie noodle soup [Tofu, carrots, corn, chick pea, spinach, white beans, onions, pasta, tomato celery seed, paste]
PM Snack	Fruit Explosion Muffin [Bran/banana/ carrot muffin baked with fresh fruit], Fresh Fruit & yogurt cinnamon dip	Mini Quiche [egg, flour, corn, spinach, carrots, turmeric, onions, salt, garlic, ginger, celery seed, cheddar cheese/sunflower/pumpkin seeds, oil, butter] with Salsa Dip & Water	Banana Bread with Chia Seeds, with Fresh Fruit & Milk	W.W. Crackers & Cheese with Carrot and Cucumber Slices with Cucumber Dip & Water	Trail Mix [popcorn with nutritional yeast, life cereal, dried apricots & cranberries, cheerios, low sodium pretzels] with Fresh Fruit & Water

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REVISED- FEB. 2021

NPNS 2021 WEEK 4 SUMMER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal Sprinkled with chia seeds With Fresh Fruit & soy milk	Whole Wheat Chia Seed French Toast sticks with Maple Syrup, Fresh Fruit and Water [Open face grilled cheese toast is served if vegetarian]	Whole wheat Open Face Cheese Melt & Fresh Fruit	Granola sprinkled on Yogurt and fresh fruit	Scrambled eggs on Whole Wheat Toast, fresh Fruit [Open face grilled cheese toast is served if vegetarian]
Lunch	Cheese up your Mac! [elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk], with Bean Salad [White kidney beans, black beans, yellow corn, zucchini, black olives, sweet peppers, lime juice, salt, pepper], Fresh Fruit & Dairy/Almond/ Soy Milk	Chicken salad sandwich [shredded chicken breast, shredded romaine lettuce, red/orange sweet peppers, cheddar cheese, sweet onion slivers, celery seed, celery slivers, Mayonnaise, whole wheat bread] with Broccoli Salad [broccoli, carrot, strips, poppy seed dressing, cranberries], Fresh Fruit & Dairy/Almond/ Soy Milk	Pineapple, Veggie and cheese Pizza [Pita, pizza sauce, orange peppers, sweet onion slivers, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese] with Mixed Salad [Romaine Lettuce, Shredded Carrots & Cucumber, vegetarian dressing], Fresh Fruit & Dairy/Almond/ Soy Milk	Vegetable and Shredded Chicken Pinwheels [cooked spinach, tortilla, shredded cheddar cheese, shredded carrots, cream cheese, avjar, onion slivers, herbs /chicken option] with Cucumber and sweet pepper slices Fresh Fruit & Dairy /Almond/ Soy Milk	Tuscan Rose Pasta [Tomato Rose sauce, Italian herbs, tomato paste, mushrooms, spinach, sweet peppers, celery, celery seeds, turmeric, onions, zucchini, corn] on PASTA with Romaine Lettuce, shredded carrot, green and red pepper Fresh Fruit & Dairy /Almond/ Soy Milk
Vegetarian	n/a	Vegetable Burger	n/a	Vegi and Bean PinWheels	Bean Vegetable Pasta
PM Snack	Vanilla / Chocolate Mousse, Granola, Fresh Fruit & Water --Vegan portion Almond milk, sunflower and chia seeds & fresh fruit bowl	Banana Bread with Chia & Sunflower seeds, Fresh Fruit & Milk	Mini Quiche [egg, flour, corn, spinach, carrots, turmeric, onions, salt, garlic, ginger, celery seed, cheddar cheese, oil, butter] with Salsa Dip & Water --Vegan portion is egg and Dairy free	Rice Pudding with chia seeds cups, fresh Fruit & water --Vegan portion Almond milk and chia, fruit bowl	Apple Zucchini Turnover and Dairy /Almond/ Soy Milk

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