

HIDE-N-SEEK DAYCARE INC.
11093 KENNEDY ROAD NORTH
BRAMPTON, ON L6Z 0A3

MENU WEEK: 1

MENU	MONDAY	TUESDAY	WEDNESDAY	THURS	FRIDAY
AM SNACK	Cereal Milk	*Muffins Milk	Bagel with Cream cheese Milk	Raisin Bread with Butter Milk	Cereal Milk
LUNCH	Chicken Chowmein (Tofu) topped with Vegetables Water Fresh Fruit	Beef/Veggie Hamburgers, Mashed Potatoes, Fresh Vegetables Water Fresh Fruit	Butter Chicken/Panner with Naan Bread Fresh Vegetable Water Fresh fruit	Scrambled eggs/veggie sandwich Fresh Vegetables Water Fresh Fruit	Chicken /Paneer tikka masala with mixed Vegetables, Naan Bread Water Fresh Fruit
PM SNACK	Cheese and Crackers Fresh fruit Milk	Toasted Raisin Bread with butter Fresh Fruit Milk	Oatmeal Cookies Fresh Fruit Milk	Trail mix Fresh Fruit Milk	Crackers with Humus Fresh Fruit Milk
Substitutions					
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Note:

1. Our menu serves both Veg and Non-Veg:
 2. Crackers & Fresh Water will be offered as a 3rd snack after 5:30 pm:
 3. Please be advised that the main course will remain the same, but the fruits and vegetables will on occasions be changed (without prior notice) due to seasonal availability and/or ripeness.
 4. Fresh water will be served with all meals.
- * All Loafs, muffins, cakes and other baked goods will be served with seasonal flavours.

For all Vegetarian meal, the meat will be replaced by a vegetarian Protein.