









BVO Preschool- Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING SNACK	Fruit Salad & Toast	Toasted Bagels with wow butter & Jam & Fruit	Hot Oatmeal & Fruit	Scones & Fruit	Applesauce & Crackers	
		Water is served with all meals				
LUNCH TIME	Green Salad Chick Pea Mac & Cheese cooked Vegetable	Veggies & Dip Chicken Quesadilla's cooked vegetable	Cesar Salad Spagetti & Meatsauce Garlic Bread	Rice Pork Loin with Roasted Vegetables	Veggies & Dip Poached Fish, Rice Cooked Vegetables	
		Milk is served at every lunch time along with Fruit for dessert!				
AFTERNOON SNACK	Crackers & Veggies & Dip	Apples & Cheese	Fruit Smoothies made with Yogurt	Hummus, veggies & crackers	w/w pita crisps & quacamole	
<p>Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p>If your child has allergies or dislikes please make sure you let their teacher know</p>						





BVO Preschool- Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING SNACK	apple slices & cheese	Yogurt & Fruit	Toasted English Muffins with Cheese & cucumber	Fruit Salad & Crackers	Black Bean Brownie & fruit	
		Water is served with all meals				
LUNCH TIME	Green Salad Tuna & Vegetable casserole with cooked veg	Homemade Chicken Noodle Soup Grilled Cheese Sandwiches	Cesar Salad Vegetarian Lasagna with Navy/ Black Beans Garlic Bread	Green Salad Chili with toppers of Sour Cream & Cheese & Bun	Veggies & Dip French Toast	
		Milk is served at every lunch time along with Fruit for dessert!				
AFTERNOON SNACK	Rice Cakes with wow butter, jam & fruit	Veggies & Dip & Crackers	Boiled eggs & Fruit	Yogurt & Homemade cookies	Crackers & Fruit	





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BVO Preschool- Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	yogurt & fruit	toasted crumpets with jam & fruit	banana bread & fruit	Applesauce & cheese	hot oatmeal & fruit
 Water is served with all meals 					
LUNCH TIME	Tacos with Ceasar Salad	Veggies and Dip Mexican Stew with Jasmine Rice & Pita Crisps	Green Salad, Tuna Mac & Cheese Garlic Bread	green Salad Chicken and Vegetable Stir Fry with rice and	veggies Creamy Homemade Soup with white beans Grilled Cheese Sandwiches
 Milk is served at every lunch time along with Fruit for dessert! 					
AFTERNOON SNACK	Apples & Cheese	Shreddie Nachos	Veggies & Dip & Crackers	Yogurt & Fruit	Rice cakes with wow butter & Fruit
<p style="text-align: center;">Please be aware that menu items are always subject to availability and are subject to change at short notice!</p> <p style="text-align: center;">If your child has allergies or dislikes please make sure you let their teacher know</p>					

BVO Preschool- Week Five

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING SNACK	Cold cereal with Milk & fruit	Toasted English Muffin with Cheese & cucumber	Applesauce & Cheese	Hot Oatmeal with Milk & Fruit	Fruit Muffin & Fruit	
		Water is served with all meals				
LUNCH TIME	Veggies & Dip Fetticini with Chick Pea Alfredo Sauce Garlic Bread	Ceasar Salad Hamburger Hash with Rice & cooked veg	Scalloped Potatoes Cooked Vegetables Pork Tenderloin	Salad & Tuna Melts	Veggies & Dip Turkey Stew with Toasted Buns	
						
AFTERNOON SNACK	Boiled Eggs & Crackers	Homemade cookies & Fresh Fruit	Shreddie Nachos	Fruit Salad & Cheese	Veggies & Dip & Crackers	
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BVO Preschool- Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cereal & fruit	Toasted Bagels with WOW Butter & Fruit	Fruit Smoothies made with yogurt	Hot Oatmeal & Fruit	Applesauce & Cheese
					
LUNCH TIME	Green Salad Cheesy Scrambled Eggs Toast Fingers	Green Salad Herb & Bread Crusted Fish with Rice cooked vegetable	Veggies & dip Chicken & chickpea pasta cooked vegetable	Green salad vegetarian pizza with Red Kidney Bean Sauce	Cesar Salad Spaghetti Pie cooked veg garlic bread
	Milk is served at every lunch time along with Fruit for dessert!				
AFTERNOON SNACK	veggies & Dip Crackers	Homemade granola bars & fruit	Fruit muffins & Fruit	Roasted Beet Hummus with veg & crackers	Fruit Scones & fruit
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