BVO Preschool- Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit Salad & Toast	Hot Oatmeal & Fruit	Banana Bread & Fruit	Cheese & Trail Mix	Carrot Bread & Fruit
 **Water is served with all meals** 					
LUNCH TIME	Veggies & Dip Chick Pea Mac & Cheese cooked Vegetable	Mexican Street Corn Chicken Ceasar Pita Pizza	Ceasar Salad Spagetti & Meatsauce Garlic Bread	Coleslaw Pulled Pork Sliders	Veggies & Dip Honey Garlic Glazed Fish, Rice Cooked Vegetables
 **Milk is served at every lunch time along with Fruit for dessert!** 					
AFTERNOON SNACK	Apple, tortilla chips with salsa	Apples & Cheese	Trail Mix and Fruit	Spinach Dip, veggies & crackers	Cucumber & rice cake

Please be aware that menu items are always subject to availability and are subject to change at short notice!

If your child has allergies or dislikes please make sure you let their teacher know

BVO Preschool- Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	apple slices & cheese	Overnight Oats	Fruit Salad & Crackers	Toasted English Muffins with Cheese & cucumber	Yogurt, Granola & fruit
 **Water is served with all meals** 					
LUNCH TIME	Green Salad Cheeseburger Sliders with Maple Roasted Carrots	Creamy Cucumber Salad Sundried Tomato, Spinach , Feta Quiche	Homemade Tomato Soup Grilled Cheese Sandwiches	Veggies & Dip Turkey Stew with Toasted Buns	Ceasar Salad Chili with toppers of Sour Cream & Cheese & Bun
 **Milk is served at every lunch time along with Fruit for dessert!** 					
AFTERNOON SNACK	Rice Cakes with wow butter, jam & fruit	Trail Mix with fruit	Veggies and dip, crackers	Apple Crisp	Wow butter roll ups

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BVO Preschool- Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Applesauce & Cheese	Hot Oatmeal & Fruit	Toasted Bagels with WOW Butter & Fruit	Yoghurt & Fruit	Cereal & fruit
					
LUNCH TIME	Veggies & Dip Cheesy Brocolli Rice Casserole	Green Salad Chicken & chickpea Rose Penne	Broccoli salad vegetarian pizza with Red Kidney Bean Sauce	Ceasar Salad Herb & Bread Crusted Fish with Rice cooked vegetable	Veggies & Dip Tuna Salad Wraps
	**Milk is served at every lunch time along with Fruit for dessert!**				
AFTERNOON SNACK	Crackers with cream cheese & jam	Spinach Cheese dip with veg & crackers	Fruit muffins & Fruit	Lentil Bars & fruit	Apples & Cheese

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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	veggies &dip Cheesy Broccoli Soup Grilled Cheese Sandwiches	green Salad Chicken and Vegetable Stir Fry with rice	Ceasar Salad Beef Taco Pie	Veggies and Dip Chicken Stew with Rice & Mini Naan	Green Salad Chickpea Mac & Cheese
 **Milk is served at every lunch time along with Fruit for dessert!** 					
AFTERNOON SNACK	Rice cakes with wow butter & Fruit	Shreddie Nachos	Veggies & Dip & Crackers	Apples & Cheese	Yogurt & Fruit

Please be aware that menu items are always subject to availability and are subject to change at short notice!

If your child has allergies or dislikes please make sure you let their teacher know

BVO Preschool- Week Five

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted English Muffin with Cheese & cucumber	Cold cereal with Milk & fruit	Fruit Muffin & Fruit	Applesauce & Cheese	Hot Oatmeal with Milk & Fruit
 **Water is served with all meals** 					
LUNCH TIME	Veggies & Dip Chicken Vegetable Quesidillas	Roasted Lemon Potatoes Cooked Vegetables Pork Tenderloin	Ceasar Salad Vegetarian Chili with bun	Veggies & Dip French Toast	Mexican Street Corn with Beef & Cheese Burritos
 **Milk is served at every lunch time along with Fruit for dessert!** 					
AFTERNOON SNACK	Fruit Salad & Cheese	Veggies & hummus	Homemade cookies & Fresh Fruit	Veggies &Warm spinach dip & crackers	Veggies &Trail Mix

Please be aware that menu items are always subject to availability and are subject to change at short notice!

If your child has allergies or dislikes please make sure you let their teacher know