



SARAH'S SIDEKICKS

HOME
DAYCARE



Weekly Meal Plan

	Breakfast	Lunch	Snacks	Snacks
Monday	Yogurt with french toast sticks and raspberries	Saucy noodles with garlic bread	Veggie straws, cheese and blueberries	hard boiled egg, yogurt, strawberries
Tuesday	Greek Yogurt with Berries	Shepards pie	Apples with cream cheese dip	apples with peanut butter/nut butter and dark chocolate chips
Wednesday	Oatmeal peaches	Lasagna with veggies	Yogurt banana split	mandarin oranges with cheese
Thursday	Peanut butter toast with bananas	Beans, Toast and sausages	Goldfish and strawberries	pepperoni, cheese and crackers
Friday	Eggy croissant	Cheese Quesadilla with noodle soup	Ants on a log Celery with peanut butter and raisins	yogurt covered raisins with orange slices

See photos of dishes on next page!

SARAH'S KITCHEN



This menu is a sample, and subject to change based on seasonal fruit, dietary, allergies

*I am passionate about nutrition and strive to follow Canada's food guide
I provide breakfast, lunch and afternoon snacks. Children are never denied food if hungry :)*