

Seasider Daycare Meal Plan –

Seaside Children's Centre



Weekday	Snack 1 @ 09:15am	Lunch @ 11:30am	Snack 2 @ 1:30pm	
Sunday	Prep for Monday			Apples & oranges for the fridge. Banana & stone fruits for the counter.
Monday	Apples, cheese, Cherrios/ crackers & yogurt	Turkey & Cheese Quesadillas. Side avocado chunks. Daily soup.	Hard boiled eggs, cheese and fresh fruit	Stock levels of Cherrios, crackers, dry goods, dairy, fruits, must be checked by kitchen staff, weekly on Fridays and replenished for the start of the following week.
Tuesday	Fruit, yogurt Cherrios/ crackers, raisins or craisins	Ham & cheese sandwich on brown. Carrot sticks & broccoli trees. Daily soup.	Muffins & fresh fruit	Prep for lunches is to be done the day ahead (Sunday for Monday etc) Sandwiches, fruit, veg, meat & cheese can be done the day ahead. Soups will be sent hot on the actual day.
Wednesday	Raspberries, banana, yogurt Cherrios/crackers	Kids charcuterie board, cooked chicken breast, cheese cubes, mixed berries, hard boiled eggs, cherry tomato, snap peas.	Apple sauce toast & berries	Snack is to be delivered by kitchen staff @ 9am. Lunch @ 11:20, second snack items can go over at either time. Staff lunches are also sent, numbers of staff may vary, depending on the number of kids.
Thursday	Fruit salad w/melon, pineapple, peaches, Cherrios/crackers	Turkey & Cheese Sandwiches on brown. Daily soup.	Muffins & fresh fruit	Peanut free at this time. Currently no peanut butter. This is subject to change.
Friday	Kiwi, strawberries, blueberries w/ yogurt, Cherrios/crackers	Annie's pasta with peas. carrot sticks & broccoli trees. Daily soup.	Mixed fruit smoothie and a healthy cookie	Consider the portion you are sending to a toddler/child. Small tummies. Half a sandwich is plenty. No spicy soups. Fruit and veg must be cut up for small bites.
Saturday				