



The Rose Garden

The Rose Garden Early Childhood Center Menu

It's a wholesome menu that is nut-free and based on organic, local ingredients. All recipes can be adapted for "dairy-free" diets and have been "tested" by the children and revised for taste. The best meals are the ones that the children eat and they eat all of the following!

Morning Snack:

Monday: cooked rice with soy sauce

Tuesday: oatmeal with milk

Wednesday: cooked millet with soy sauce

Thursday: cooked whole grain cereal (teacher's choice) with milk

Friday: whole wheat bread (home-baked) with sun butter, cream cheese or jam

Lunches

Monday

Stir fry made with brown rice, beans or peas, carrots and onions*.

Tuesday

Pancakes made with fruit* and coconut milk; sides of yogurt and homemade applesauce

Wednesday

Seasonal vegetable soup* with millet; cheese on side

Thursday

Bean and cheese tortillas with carrots* alternating with whole wheat pasta with fresh herbs/greens and tomato sauce; cheese on side

Friday

Pizza (home-made bread) covered with tomato sauce and cheese served with carrots on the side or greens on top*.

*Fruits and vegetables vary per season and availability

Afternoon Snack:

*Monday – see below

*Tuesday – see below

Wednesday – freshly-baked apple or raisin muffins

*Thursday – see below

Friday – popcorn with nutritional yeast and olive oil

*variations on seasonal fruits, sunbutter, crackers, cream cheese, fruit jam and roasted sunflower seeds