



# 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 and olive oil  
Tuesday: oatmeal with sunflower seeds and raisins  
Wednesday: cooked millet with soy sauce and olive oil  
Thursday: cooked mixed grains  
Friday: homemade bread with butter and jam

### **Lunches:**

Monday: Stir fry made with brown rice with beans and mixed vegetables  
Tuesday: Vegan Pancakes; sides of coconut yogurt and homemade applesauce  
Wednesday: Vegetable soup with croutons or corn chips; cheese on side  
Thursday: Pasta with sauce and vegetable or greens; cheese on side  
Friday: Pizza (home-made dough) covered with tomato sauce and cheese served with carrots on the side

\*Fruits and vegetables vary per season and availability

### **Afternoon Snack:**

Monday – Friday: Fruit/ Vegetable and Carb (Crackers, Chips, Bread etc)