



LITTLE HEARTPRINTS MENU

BY CHEF MICHELLE

WEEK 1

	M	T	W	T	F
BREAKFAST	HOMEMADE BANANA CRANBERRY MUFFIN MILK	SCRAMBLED EGG & BREAKFAST SAUSAGE MILK	TOAST WITH FRUIT SPREAD MILK	HOMEMADE PANCAKE TACO WITH FRUITS MILK	BANANA WRAP WITH NUTELLA MILK
LUNCH	SEASHELL PASTA WITH CHEESE FRUITS	FISH TACO FRUITS	ASIAN STYLE CHICKEN WITH VEGETABLES FRUITS	TURKEY LETTUCE WRAP FRUITS	BUTTERNUT SQUASH SOUP WITH MEATBALLS FRUITS
PM SNACK	FRUIT SMOOTHIE FRUITS	FROZEN YOGURT BITES FRUITS	CRACKERS WITH CHEESE FRUITS	APPLE CRISPS SNACK FRUITS	ICE CREAM IN MINI CONE FRUITS



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WEEK 2

M

T

W

T

F

BREAKFAST

HOMEMADE
CINNAMON APPLE
BAGEL BITES

MILK

HOT OATMEAL
WITH FRUITS

MILK

BANANA
BREAD

MILK

BLUEBERRY
CREAM CHEESE
FRENCH TOAST

MILK

PANCAKE WITH
MAPLE SYRUP /
FRUIT SPREAD

MILK

LUNCH

BEEF STEW WITH
POTATOES

FRUITS

BAKED SALMON
WITH SALAD

FRUITS

CHICKEN PHO

FRUITS

BAKED SHRIMP
WITH VEGETABLES

FRUITS

HOMEMADE
STYLE FRIED RICE
WITH EGG AND
VEGETABLES

FRUITS

PM SNACK

FRUIT
SMOOTHIE

FRUITS

GRANOLA AND
YOGURT

FRUITS

MINI CHOCOLATE
CROISSANT

FRUITS

FUN SHAPE
VEGETABLES WITH
HUMMUS DIP

FRUITS

JELLO

FRUITS



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WEEK 3

	M	T	W	T	F
BREAKFAST	<p>HOMEMADE OATMEAL FRUIT BITES</p> <p>MILK</p>	<p>OMELETTE MUFFIN</p> <p>MILK</p>	<p>FRITATAS</p> <p>MILK</p>	<p>CEREAL BARS</p> <p>MILK</p>	<p>ANIMAL FACE TOAST</p> <p>MILK</p>
LUNCH	<p>SHEPARD'S PIE</p> <p>FRUITS</p>	<p>FISH BURGER WITH FRIES</p> <p>FRUITS</p>	<p>TERIYAKI CHICKEN BENTO</p> <p>FRUITS</p>	<p>VEGETABLE SAMOSAS</p> <p>FRUITS</p>	<p>CHINESE STYLE FRIED NOODLES WITH SHRIMP / MEAT</p> <p>FRUITS</p>
PM SNACK	<p>APPLE CRISPS SNACK</p> <p>FRUITS</p>	<p>HOMEMADE BLUEBERRY MUFFIN</p> <p>FRUITS</p>	<p>CRACKERS WITH CHEESE</p> <p>FRUITS</p>	<p>PARFAIT</p> <p>FRUITS</p>	<p>ICE CREAM IN MINI CONE</p> <p>FRUITS</p>



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WEEK 4

M

T

W

T

F

BREAKFAST

HOMEMADE
CINNAMON APPLE
BAGEL BITES

MILK

WHOLEGRAIN
CEREAL

MILK

SHEET PAN
PANCAKE

MILK

CLASSIC FRENCH
TOAST

MILK

WAFFLES WITH
MAPLE SYRUP /
FRUIT SPREAD

MILK

LUNCH

GRILLED CHICKEN
WITH SALAD

FRUITS

VIETNAMESE
STYLE SHRIMP
SALAD ROLL

FRUITS

MAC & CHEESE

FRUITS

BREADED FISH &
FRIES

FRUITS

CHEESE PIZZA

FRUITS

PM SNACK

FRUIT
SMOOTHIE

FRUITS

PARFAIT

FRUITS

FUN SHAPE
VEGETABLES WITH
HUMMUS DIP

FRUITS

MINI CHOCOLATE
CROISSANT

FRUITS

JELLO

FRUITS