



SoulShine Preschool Weekly Menu

March 20-24	8:00 AM Breakfast	11:00 AM Lunch	3:00 PM Snack	Daily Puree
Monday	Cinnamon Banana Oatmeal and Fresh Cut Fruit	Penne Pasta Marinara and Fresh Cut Fruit	House-Baked Whole Wheat Bread	Broccoli - Pear
Tuesday	Scrambled Eggs with Breakfast Potatoes and Fresh Cut Fruit	Tofu Makhani (Butter Tofu) with Basmati Rice and Fresh Cut Fruit	House-Baked Banana Bread	Apple-Carrot
Wednesday	Greek Yogurt with Homemade Pepita Granola and Fresh Cut Fruit	Pasta with Garlic Roasted Cherry Tomatoes, Assorted Veggies and Fresh Cut Fruit	Homemade Tahini Hummus with Pita Wedges	Apple-Spinach
Thursday	Banana Muffin Bread and Fresh Cut Fruit	Chickpea Curry with Basmati Rice and Fresh Cut Fruit	House-Baked Orange Lemon Coconut Bread and Fresh Cut Fruit	Pear-Spinach
Friday	Scrambled Egg with Roasted Sweet Potato and Fresh Cut Fruit	Lentil Bolognese and Fresh Cut Fruit	Strawberry Granola Bars	Banana - Spinach

SoulShine is a nut-free facility.
Legend: V = Vegan