**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week Five Week of:** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagels, Fruit and Milk  Soya Burger Chilli with Beans, Squash and Corn, Rice, Cucumber wedges, Fresh fruit, Whole wheat Bread and Butter, Milk  Oatmeal Scones, Apple Butter, Fruit and Milk |  |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Grain Cereal and milk, Fruit  Turkey Sausage, Mash potatoes, Carrots, Tomato wedges, Whole Wheat bread and butter, Fresh fruits. Milk    Veggies, White Bean and Garlic Dip, Bread Sticks | **VEG ALT**  Veggie Sausage |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat English Muffins and Fruit, Milk  Stew Beef with Potatoes, Carrots, Peas, Rice, Cucumber chunks,  Fresh Fruit, Whole Wheat Bread and Butter, Milk  Banana Bread, Milk and Fruit | **VEG ALT:**  Veggie Burger with Potatoes and Carrots |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Light Tuna and Pasta Casserole, Brussels Sprouts, Tomato wedges, Fresh Fruit, Whole Wheat bread and butter, Milk  Muffins, Milk and Fruit | **VEG ALT**  Pasta, Egg and Cheese Pie |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | French Toast and Berry Sauce, Milk  Chicken Noodle Soup with Carrots and Celery, Cheese stuffed Pita’s, Fresh Fruit, Milk  Yogurt, Graham Wafers and Soya Butter | **VEG ALT:**  Veggie Noodle Soup |

**\* CRACKERS & BREAD STICKS AVAILABLE FOR LATE SNACK \***

**WATER IS AVAILABLE AT ALL TIMES**