**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 MilkSoya Burger Chilli with Beans, Squash and Corn, Rice, Cucumber wedges, Fresh fruit, Whole wheat Bread and Butter, MilkOatmeal Scones, Apple Butter, Fruit and Milk |  |
| **Tuesday**  |  |
| **AM****Lunch****PM** | Whole Grain Cereal and milk, FruitTurkey 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, MilkStew Beef with Potatoes, Carrots, Peas, Rice, Cucumber chunks, Fresh Fruit, Whole Wheat Bread and Butter, MilkBanana Bread, Milk and Fruit | **VEG ALT:** Veggie Burger with Potatoes and Carrots |
| **Thursday** |  |
| **AM****Lunch****PM** | Granola, Fresh Fruit and YogurtLight Tuna and Pasta Casserole, Brussels Sprouts, Tomato wedges, Fresh Fruit, Whole Wheat bread and butter, MilkMuffins, Milk and Fruit | **VEG ALT**Pasta, Egg and Cheese Pie  |
| **Friday**  |  |
| **AM** **Lunch****PM** |  French Toast and Berry Sauce, MilkChicken Noodle Soup with Carrots and Celery, Cheese stuffed Pita’s, Fresh Fruit, MilkYogurt, Graham Wafers and Soya Butter | **VEG ALT:**Veggie Noodle Soup  |

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

**WATER IS AVAILABLE AT ALL TIMES**