**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

|  |  |  |
| --- | --- | --- |
| **Week Four Week of:** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat English Muffins, Fruit and Milk  Pasta with Tuna, Spinach and Tomato sauce, Whole Wheat Bread, cucumber wedges, Milk, Fruit  Oatmeal Squares, Milk and Fruit | **VEG ALT:**  Pasta with Spinach, and Tomato Sauce |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Grain Cereal, Milk and Fruit  Sweet and Sour Meatballs, Rice, mixed vegetables, cucumber wedges, Whole Wheat Bread, Fruit, Milk  Fruit, Cheese, Graham Wafers and Milk | **VEG ALT:**  Veggie Meatballs |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagels, Fruit, cream cheese and Milk  Bombay Chicken, Couscous, Green Beans, Tomato Wedges, Whole Wheat Bread, Milk, Fruit  Soya Butter Bars and Fruit, Milk | **VEG ALT:**  Mock Bombay Chicken |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Macaroni and Cheese with white Beans, Broccoli pieces, tomato wedges, Milk, Fruit, Whole Wheat Bread and Butter  Whole Wheat Biscuits and Apple Butter, Fruit and Milk | **VEG ALT:**  Cheese and Egg Pasta Pie |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | Waffles and Berry Sauce, Milk  Vegetable, Bean and Rice Soup, Cheese and meat sandwiches, Milk, Fruit  Yogurt, crackers and Soya Butter | VEG ALT:  Bean Rice Soup |

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

**WATER IS AVAILABLE AT ALL TIMES**