**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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

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

**WATER IS AVAILABLE AT ALL TIMES**