**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week Three** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagels and Fruit  Chick Pea, Cauliflower and Squash Curry, Rice, Tomato wedges, Green Beans, Fresh fruit, Whole wheat Bread and Butter, Milk  Apple Sauce Bars and Milk, Fruit |  |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole grain Cereal, milk and Fruit  Cheese Tortellini in Soya Burger Sauce, Spinach Salad, Whole Wheat bread and butter,  Fresh fruits. Milk    Veggies, Hummus and Breadsticks | **VEG ALT:**  Pasta and Soya Burger Sauce  Tomato wedges  **INF & TODD:ALT**  Cheese, breadsticks, fruit |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat English Muffins and Fruit  Turkey Sausage and Rice Creole, Corn, Carrots sticks, Fresh Fruit, Whole Wheat Bread and Butter, Milk  Coconut Loaf, Milk and Fruit | **VEG ALT:**  Veggie sausage Creole  **INF/TODD:**  Cucumber Wedges |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Salmon Noodle Casserole, Brussels Sprouts, Tomato wedges, Fresh Fruit, Whole Wheat bread and butter, Milk  Muffins, Fruit and Milk | **VEG ALT**  Pasta, Egg and Cheese Pie |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | French Toast and Berry Sauce  Chicken Noodle Soup, Grilled Cheese sandwiches on Whole Wheat Bread, Fresh Fruit, Milk  Yogurt, Crackers, Soya butter | **VEG ALT**  Veggie bean Noodle soup |

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

**WATER IS AVAILABLE AT ALL TIMES**