**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week Three**  | **Substitutions and Alternates**  |
| **Monday**  |  |
|  **AM****Lunch** **PM** | Whole Wheat Bagels and FruitChick Pea, Cauliflower and Squash Curry, Rice, Tomato wedges, Green Beans, Fresh fruit, Whole wheat Bread and Butter, MilkApple Sauce Bars and Milk, Fruit |  |
| **Tuesday**  |  |
| **AM****Lunch****PM** | Whole grain Cereal, milk and FruitCheese 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 SauceTomato wedges**INF & TODD:ALT**Cheese, breadsticks, fruit |
| **Wednesday** |  |
| **AM****Lunch****PM** | Whole Wheat English Muffins and FruitTurkey Sausage and Rice Creole, Corn, Carrots sticks, Fresh Fruit, Whole Wheat Bread and Butter, MilkCoconut Loaf, Milk and Fruit | **VEG ALT:** Veggie sausage Creole**INF/TODD:**Cucumber Wedges |
| **Thursday** |  |
| **AM****Lunch****PM** | Granola, Fresh Fruit and YogurtSalmon Noodle Casserole, Brussels Sprouts, Tomato wedges, Fresh Fruit, Whole Wheat bread and butter, MilkMuffins, Fruit and Milk | **VEG ALT**Pasta, Egg and Cheese Pie  |
| **Friday**  |  |
| **AM** **Lunch****PM** |  French Toast and Berry SauceChicken Noodle Soup, Grilled Cheese sandwiches on Whole Wheat Bread, Fresh Fruit, MilkYogurt, Crackers, Soya butter | **VEG ALT**Veggie bean Noodle soup  |

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

**WATER IS AVAILABLE AT ALL TIMES**