**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week One Week of:** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagels and Fruit  Soya Burger and Bean Burritos, Rice, Corn and Carrot sticks, whole wheat bread and butter, Milk and Fresh fruit  Oatmeal Bars, Fruit and Milk | **INF/TOD**  Soya Burger and Bean chilli, whole wheat bread, cucumber wedges |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Grain Cereal, Fruit and milk  Moroccan chicken with dried fruit, couscous, mixed vegetables, cucumber wedges, Milk, whole wheat bread/butter, Fresh fruit  Raw Vegetables, Hummus and Crackers | **INF/TOD**  **VEG ALT**  Moroccan mock chicken  **INF/TODD**  Fruit, cheese and crackers |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat English Muffins and Fruit and Milk  Chicken loaf, roast potatoes, sweet potatoes, peas, tomato wedges , milk  Fresh Fruit, whole wheat Bread and Butter  Banana Bread, Fruit and Milk | **INF/TOD**  Mashed and sweet potatoes  **VEG ALT**  Falafel |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Macaroni and Cheese with white Beans, Green Beans, Tomato wedges, Milk, Fresh Fruit, whole wheat bread and butter  Whole wheat Biscuits with Apple Sauce, Milk & fruit |  |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | Waffles and Berry Sauce  Turkey sausage Soup with Barley and lentils and chick peas, Egg salad, light Tuna salad and cheese sandwiches on whole wheat Bread, Fresh Fruit, Milk  Yogurt and Graham Wafers and Soya Butter | **ALT: INF/TODD:**  Cheese and bread/butter  **VEG ALT:**  Barley Lentils Spinach soup |

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

**WATER IS AVAILABLE AT ALL TIMES**