**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week Six September 17-21** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | English muffins, fruit and Milk  Chick pea squash & cauliflower curry, rice, corn, tomato wedges, whole wheat bread , fresh fruit & milk  Apple sauce bars, Fruit & milk |  |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Grain Cereal, Fruit and milk  Breaded Fish, Herbed Rice, Mixed veggies, coleslaw,  Fresh Fruit, Whole Wheat Bread and Butter, Milk  Fruit, cheese and crackers | **INF/TODD**  **VEG ALT**  Falafel |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagel, cream cheese and Fruit  Pasta & meat sauce, green salad with carrots, tomatoes & cucumber, whole wheat bread, fresh fruit & milk  Soda Bread, Fruit, milk | **VEG ALT:**  Pasta soya burger sauce |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Salmon noodle casserole, broccoli pieces, tomato wedges, whole wheat bread, milk, fresh fruit  Rice pudding, Fruit | **VEG ALT:**  Cheese and egg pasta bake |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | Pancakes, berry sauce and milk  Soya Burger Barley soup, pizza and mozzarella Tortilla wraps, Fruit and milk  Yogurt, Crackers, Soya Butter |  |

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

**WATER IS AVAILABLE AT ALL TIMES**