**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 MilkChick pea squash & cauliflower curry, rice, corn, tomato wedges, whole wheat bread , fresh fruit & milkApple sauce bars, Fruit & milk  |  |
| **Tuesday**  |  |
| **AM****Lunch****PM** | Whole Grain Cereal, Fruit and milkBreaded Fish, Herbed Rice, Mixed veggies, coleslaw,Fresh Fruit, Whole Wheat Bread and Butter, MilkFruit, cheese and crackers | **INF/TODD** **VEG ALT**Falafel  |
| **Wednesday** |  |
| **AM****Lunch****PM** | Whole Wheat Bagel, cream cheese and FruitPasta & meat sauce, green salad with carrots, tomatoes & cucumber, whole wheat bread, fresh fruit & milkSoda Bread, Fruit, milk | **VEG ALT:**  Pasta soya burger sauce  |
| **Thursday** |  |
| **AM****Lunch****PM** | Granola, Fresh Fruit and YogurtSalmon noodle casserole, broccoli pieces, tomato wedges, whole wheat bread, milk, fresh fruitRice 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 milkYogurt, Crackers, Soya Butter |   |

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

**WATER IS AVAILABLE AT ALL TIMES**