**YORK UNIVERSITY CO-OPERATIVE DAYCARE CENTRE**

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| **Week Two Week of:** | | **Substitutions and Alternates** |
| **Monday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat Bagels, Cream Cheese and Fresh Fruit  Pasta with Soya Burger tomato sauce, lettuce Salad with carrots, tomato’s, and cucumber, Whole Wheat Bread and butter, Milk and Fruit  Muffins, Fruit and Milk | **INF/TODD** |
| **Tuesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Grain Cereal and milk, Fruit  Curry Chicken, Rice, Corn, Tomato wedges, Bread and butter, Fresh fruit, Milk  Cheese, Graham Crackers and Fruit | **VEG ALT:**  Mock Curry chicken |
| **Wednesday** | |  |
| **AM**  **Lunch**  **PM** | Whole Wheat English Muffins and Fruit, Milk  Meat Loaf, Mash Potatoes, Peas, Tomato wedges, Whole Wheat Bread and Butter, Fresh Fruit and Milk  Granola Bars, Fruit and Milk | VEG ALT:  Soya Burger Loaf |
| **Thursday** | |  |
| **AM**  **Lunch**  **PM** | Granola, Fresh Fruit and Yogurt  Tuna and Pasta Casserole, carrots, cucumber wedges, Whole Wheat bread and butter, Fresh Fruit, Milk  Whole Grain Soda Bread, Cheese, Fruit and Milk | **VEG ALT:**  Macaroni and Egg Pasta Pie |
| **Friday** | |  |
| **AM**  **Lunch**  **PM** | Pancakes, Berry Sauce and Milk  Chicken Noodle Soup, Egg Salad, Cheese and Chicken sandwiches on whole wheat Bread, Fresh Fruit, Milk  Yogurt and Crackers, Soya butter | **VEG ALT:**  Vegetable Pasta Soup **INF / TODS**  Bread and butter, cheese pieces |

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

**WATER IS AVAILABLE AT ALL TIMES**