**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 FruitPasta with Soya Burger tomato sauce, lettuce Salad with carrots, tomato’s, and cucumber, Whole Wheat Bread and butter, Milk and FruitMuffins, Fruit and Milk  | **INF/TODD** |
| **Tuesday**  |  |
| **AM****Lunch****PM** | Whole Grain Cereal and milk, FruitCurry Chicken, Rice, Corn, Tomato wedges, Bread and butter, Fresh fruit, MilkCheese, Graham Crackers and Fruit | **VEG ALT:**Mock Curry chicken  |
| **Wednesday** |  |
| **AM****Lunch****PM** | Whole Wheat English Muffins and Fruit, MilkMeat 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 YogurtTuna and Pasta Casserole, carrots, cucumber wedges, Whole Wheat bread and butter, Fresh Fruit, MilkWhole Grain Soda Bread, Cheese, Fruit and Milk | **VEG ALT:**Macaroni and Egg Pasta Pie  |
| **Friday**  |  |
| **AM** **Lunch****PM** |  Pancakes, Berry Sauce and MilkChicken Noodle Soup, Egg Salad, Cheese and Chicken sandwiches on whole wheat Bread, Fresh Fruit, MilkYogurt 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**