****

**York University Co-operative Day Care Centre**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK FOUR:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | * Multigrain Bagels with Cream Cheese
* Fresh Fruit
 | * Yogurt with Granola
* Fresh Fruit
 | * Raisin Bread Toast
* Fresh Fruit
 | * Cereal with Milk
* Fresh Fruit
 | * Strata
* Fresh Fruit
 |
| **Lunch** | * Carrot Sticks (steamed for infants and toddlers)
* Red Lentil Dhal (Cauliflower, Potato, Red Lentil)
* Rice
* Green Beans
 | * Cucumber Wedges
* Chicken Nuggets
* Mashed Potatoes
* Mixed Vegetables
 | * Zucchini Sticks
* Beef Koftas
* Basmati Rice
* Corn
* Tzatziki Sauce
 | * Tomato Wedges
* Tuna Noodle Casserole
* Broccoli
 | * Chicken Noodle Soup
* Sliced Chicken
* Cheese
* Naan Bread
 |
| **Afternoon** **Snack** | * Apple Sauce
* Fresh Fruit
 | * Corn Meal Muffins
* Fresh Fruit
 | * Whole Wheat Pita with Hummus and Raw Vegetables (Cheese, crackers and fruit for Infants and Toddlers)
 | * Granola Bars (Oat Cakes for Infants and Toddlers)
* Fresh Fruit
 | * Crackers with WOW Butter
* Yogurt
 |
| • All meat is Halal. | • No Nut & Pork Menu. | • Milk and Dairy Alternate is Soya and Lactose Free.  | •Milk, multi-grain bread, and butter is served with our lunch.•Water is always available | • Afternoon Snack Alternative = Made Good Products | • A variety of crackers are available at the end of the day for a late snack. |