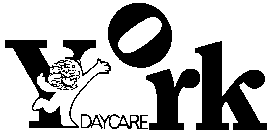
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**York University Co-operative Day Care Centre**

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| **WEEK ONE:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | * Multigrain Bagels with Cream Cheese * Fresh Fruit | * Yogurt with Granola * Fresh Fruit | * Whole Wheat English Muffins with WOW Butter * Fresh Fruit | * Whole Grain Cereal * Milk * Fresh Fruit | * Oatmeal Pancakes with Berry Sauce |
| **Lunch** | * Cucumber Wedges * Vegetarian Chili (Corn, peppers, squash) w/Rice | * Tomato Wedges * Fish Patties (Celery, peppers, and onions) * Green Beans | * Bell Pepper Sticks * Beef Stew with Dumplings * Pasta * Green Peas | * Carrot Sticks (steamed for infants and toddlers) * Pineapple Chicken with Jasmine Rice * Asian Mixed Vegetables | * Grilled Cheese on Multigrain Bread * Tomato Red Lentil Soup with Pasta |
| **Afternoon**  **Snack** | * Autumn Loaf (Carrot, zucchini, apple sauce) * Fresh Fruit | * Sweet Potato Biscuits * Fresh Fruit | * Unsalted Crackers with Cheese * Fresh Fruit | * Raisin Bran Muffins * Milk * Fresh Fruit | * Trail Mix * Fresh Fruit |
| • 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. |