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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. |