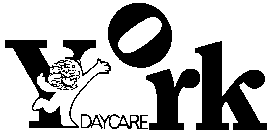
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**York University Co-operative Day Care Centre**

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| **WEEK THREE:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | * Whole Wheat English Muffins with WOW Butter * Fresh Fruit | * Whole Wheat Cereal * Milk * Fresh Fruit | * Multi-Grain Bagels with Cream Cheese * Fresh Fruit | * Yogurt with Granola * Fresh Fruit | * French Toast with Berry Sauce |
| **Lunch** | * Cucumber Sticks * Macaroni and Cheese (with White Bean Puree) * Steamed broccoli | * Zucchini Sticks * Curried Chicken with Rice * Green Beans | * Tomato Wedges * Roast Beef * Mashed Potatoes * Green Peas | * Carrot Sticks (steamed for infants and toddlers) * Fish in Lemon Dill Sauce * Rice * Mixed Vegetables | * Veggie Quesadillas * Beef and Barley Soup | |
| **Afternoon**  **Snack** | * Raisin Bran Muffins * Fresh Fruit | * Cheese with Unsalted Crackers * Fresh Fruit | * Oat cake with Apple Butter * Fresh Fruit | * Cheesy Quinoa Bites * 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. | |