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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
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| **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
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| **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
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| • 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. |