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

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| **WEEK TWO:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | * Yogurt with Granola
* Fresh Fruit
 | * Multi-Grain Bagels with Cream Cheese
* Fresh Fruit
 | * Whole Grain Cereal with Milk
* Fresh Fruit
 | * Whole Wheat English Muffins with Wow Butter
* Fresh Fruit
 | * Egg and Cheese Breakfast Burrito
* Fresh Fruit
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| **Lunch** | * Cucumber Slices
* Falafel (peppers, onion, zucchini, carrot)
* Jollof Rice
* Corn
 | * Carrot Sticks (steamed for infants and toddlers)
* Pasta with Bolognese Sauce
 | * Zucchini Sticks
* Chicken Pelau (rice, chicken, pigeon peas)
* Green Beans
 | * Tomato Wedges
* Breaded Fish with Barley Risotto
* Peas
 | * Wedding Soup
* Veggie Pizza
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| **Afternoon** **Snack** | * Oatmeal Squares
* Fresh Fruit
 | * Cranberry Scones
* Fresh Fruit
 | * Banana Loaf
* Fresh Fruit
 | * Whole Wheat Pita with Hummus and Raw Vegetables (Cheese, Crackers and Fruit for infants and toddlers)
 | * Crackers with WOW Butter
* Yogurt
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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. |