

# SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: \_\_\_\_\_

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Multigrain Cheerios Rice Krispies Fresh Fruit Milk/Water	Yogurt Fresh Fruit Milk/Water	Whole Wheat English Muffins Margarine/Unsweetened Jam Fresh Fruit Milk/Water	Homemade Blueberry Muffins Fresh Fruit Milk/Water	Nutri-grain Bars Unsweetened Apple Sauce Milk/Water
<b>Additional Notes</b>				Margarine available	
<b>LUNCH</b>	Vegetarian Chili Whole Wheat Buns Tossed Salad Fresh Fruit Milk/Water	Roast Chicken & Gravy Brown Rice Steamed Broccoli & Cauliflower Canned or Fresh Peaches Milk/Water	Whole Wheat Spaghetti Noodles with Meat Sauce Garlic bread Caesar salad Fresh Fruit Milk/Water	Homemade Chicken Pasta Soup Marble/ Rye Bread Shredded Mozzarella Cheese Fresh Fruit Milk/Water	<b>Chef Surprise!</b>  Milk/Water
<b>Additional Notes</b>	Stewed Tomatoes Kidney & White Beans		Lean beef/turkey Caesar salad: romaine lettuce, croutons, parmesan cheese, Caesar dressing	Soup contents: celery, carrots, peas, onions, chicken broth, pasta, chicken, sweet potato, or squash, kale, spices	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive to dietary diversities
<b>P.M. SNACK</b>	Whole Wheat Crackers Havarti Cheese Fresh Fruit Milk/Water	Naan Bread Homemade Avocado Dip Raw Vegetable Sticks Milk/Water	Greek Yogurt Granola Mix Fresh Fruit Milk/Water	Mini Whole Wheat Pitas Flavoured Cream Cheese Raw Vegetable Sticks Milk/Water	Pumpnickel Bread Homemade Spinach Dip Raw Vegetable Sticks Milk/Water
<b>Additional Notes</b>		Carrot sticks lightly steamed to soften for infant & toddlers		Herb, salmon, strawberry, plain cream cheeses	

Substitutions may occur for cultural or dietary restrictions

Substitutions may occur for allergies

Fresh fruit may include apples, bananas, honeydew melon, cantaloupe, kiwi, pineapple, peaches, strawberries, oranges, grapes

Raw Vegetables may include, cucumber, carrots, celery, peppers, broccoli, cauliflower, snow peas.