

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Whole Wheat Bagels Cream Cheese Fresh Fruit Milk/Water	Scones Cheddar Cheese Fresh Fruit Milk/Water	Waffles Syrup Peaches Milk/Water	Boiled Eggs Whole Wheat Toast Fresh Fruit Milk/Water	Homemade Blueberry Muffins Fresh Fruit Milk/Water
Additional Notes	Strawberry, pineapple flavoured cream cheese Margarine	Margarine	Unsweetened Jam Margarine	Ketchup Margarine	Home baked with fresh/frozen berries
LUNCH	Vegetarian Lasagna Broccoli salad Fresh Fruit Milk/Water	Lean Beef Burger Macaroni & Cheese Carrots & Celery, Pickles Fresh Fruit Milk/Water	BBQ Chicken Pizzas Greek Salad Unsweetened apple sauce Milk/Water	Homemade Lean Beef Pot Pie With Veggies Whole Wheat Dinner Rolls Canned Fruit cocktail Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Lasagna: mozzarella, spinach, carrots, onion, peppers Salad: broccoli, shredded cheese, cranberries		Whole wheat English Muffins Pizza Sauce Spinach salad, olives, feta, grape tomatoes, Greek dressing		Surprise to be posted by Tues with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Whole Wheat Pita Bread Pizza Sauce Shredded Mozzarella Cheese Raw Vegetable Sticks Milk/Water	Hummus Stone Wheat Crackers Slice Cucumbers Milk/Water	Homemade Trail Mix with seeds depending on availability Pears Milk/Water	Popcorn/Mini Rice Cakes Assorted Cheese Cubes Milk/Water	Canned Peaches Cottage Cheese/Yogurt Milk/Water
Additional Notes			Cheerios, Shreddies, Pretzels, Popcorn, seed varieties	Havarti/Swiss/Marble cheese Substitute Mini Rice Cakes for Infant & Toddlers	

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.