

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Raisin toast Fresh Fruit Milk/Water	Homemade Banana Loaf Slices Fresh Fruit Milk/Water	Boiled Eggs Whole Wheat Toast Fresh Fruit Milk/Water	Crispix & Mini Wheat Cereal Fresh Fruit Milk/Water	Whole Wheat Bagels Fresh Fruit Milk/Water
Additional Notes	Margarine	Margarine	Unsweetened Strawberry Jam Orange marmalade Margarine		Unsweetened Strawberry Jam Orange marmalade Margarine
LUNCH	Homemade Vegetarian Minestrone Soup With Grilled Cheddar Cheese Sandwiches on Whole Wheat Bread Pears Milk/Water	Lean Chicken or Beef Meatballs Bowtie Noodles Broccoli & Cauliflower Fresh Fruit Milk/Water	Chicken Breast Strips Brown Rice Mixed Veggies Fresh fruit Milk/Water	Homemade Pancakes Turkey Sausage Sliced Tomatoes Fresh Fruit Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Tomato base soup with whole wheat pasta, tomatoes, potatoes, chickpeas/beans				Surprise to be posted by Tuesday with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Triscuit Crackers Marble Cheese Cubes Raw Vegetable Sticks Milk/Water	Fresh Fruit Vanilla Yogurt Parfait (Rice Krispie Cereal and Frozen Berries) Milk/Water	Whole Wheat Flat Bread or Melba Toast Salsa Homemade Cheese Dip Milk/Water	Pita Wedges Layered salsa dip Milk/Water	Veggie Tray Ranch Dip Honey Whole Wheat Pretzel Twists Milk/Water
Additional Notes				Salsa, cheese, sour cream, taco seasoning	Fresh broccoli, cauliflower, carrots, celery, mushrooms

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.



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