



SCHOOLHOUSE PLAYCARE CENTRES of DURHAM

FOR THE WEEK OF: _____

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Multigrain Cheerios Rice Krispies Apples Milk/Water	Yogurt Blueberries Milk/Water	Homemade Carrot Muffins Cream Cheese Oranges Milk/Water	Raisin Bread Sliced Kiwi Fruit Milk/Water	Homemade Lemon Blueberry Muffins Unsweetened Apple Sauce Milk/Water
Additional Notes		Frozen berries in off season			Margarine available
LUNCH	Homemade Chicken Rice Soup Marble Rye Bread Shredded Mozzarella Cheese Pears Milk/Water	Spaghetti Noodles with Meat Sauce Garlic bread Caesar salad Apples Milk/Water	Roast Chicken & Gravy Brown Rice Steamed Broccoli & Cauliflower Peaches Milk/Water	Meat Chili White Rice Whole Wheat Rolls Tossed Salad Pears Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Soup contents: celery, carrots, peas, onions, chicken broth, white rice, chicken, sweet potato, or squash, kale, spices	Lean beef/turkey Caesar salad: romaine lettuce, crotons, parmesan cheese, Caesar dressing	Fresh veggies in season, frozen when not available	Salad: Iceberg lettuce, grape tomatoes, cucumber chunks, fresh mushrooms, carrots Varied dressings (steam carrots for Inf/Tods) Ground chicken as a substitution	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive to dietary diversities
P.M. SNACK	Pumpnickel Bread Homemade Spinach Dip Carrot sticks Milk/Water	Whole Wheat Crackers Havarti Cheese Cantaloupe Milk/Water	Rice Cakes Veggie Sticks Homemade Avocado Dip Milk/Water	Mini Whole Wheat Pitas Flavoured Cream Cheese Cucumbers Milk/Water	Ice Cream Bananas Juice/water
Additional Notes	Carrot sticks lightly steamed to soften for infant & toddlers			Herb, salmon, strawberry, plain cream cheeses	Real fruit juice/unsweetened/not concentrated

Substitutions may occur for cultural or dietary restrictions

Substitutions may occur for allergies