

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Waffles Syrup Peaches Milk/Water	Crumpets String Cheddar Cheese Milk/Water	Whole Wheat Bagels Cream Cheese Orange Sections Milk/Water	Scrambled Eggs Whole Wheat Toast Milk/Water	Homemade Blueberry Muffins Plums Milk/Water
Additional Notes	Margarine	Jam & margarine	Strawberry, pineapple flavoured cream cheese Margarine	Ketchup Margarine	Home baked with fresh/frozen berries
LUNCH	Lean Beef Burger Macaroni & Cheese Carrots & Celery, Pickles Apple Slices Milk/Water	Mini Pizzas Greek Salad Apricots Milk/Water	Vegetarian Lasagna Tossed Salad Pineapple Milk/Water	Homemade Lean Beef Pot Pie With Veggies Whole Wheat Dinner Rolls Fruit cocktail Milk/Water	Chef Surprise! Milk/Water
Additional Notes		Whole wheat English muffins Pizza sauce Turkey pepperoni Spinach salad: olives, feta cheese, grape tomatoes Greek dressing	Lasagna: mozzarella, spinach, carrots, onion peppers Salad: spring mix, eggs, shredded cheese cranberries, sunflower seeds	Chicken substitution Peas/carrots, potatoes, onion, gravy base	Surprise to be posted by Tues with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Hummus Stone Wheat Crackers Slice Cucumbers Milk/Water	Homemade Trail Mix Pears Milk/Water	Peaches Cottage Cheese/Yogurt Milk/Water	Honey Dew Melon Animal Crackers Milk/Water	Popcorn Assorted Cheese Cubes Milk/Water

Substitutions may occur for cultural or dietary restrictions
Substitutions may occur for allergies

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Additional Notes		Cheerios, Shreddies, pretzels, unsweetened chocolate chips, popcorn	Fresh fruit/canned unsweetened out of season		Harvarti cheese Swiss cheese Marble cheese
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