

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Yogurt with Bananas Milk/Water	Oatmeal with Raspberries Milk/Water	French Toast Strawberries Unsweetened Jam/Syrup Milk/Water	Cheese Raisin Tea Biscuits Unsweetened Jam Kiwi Slices Milk/Water	Waffles Syrup/Margarine Cantaloupe Milk/Water
Additional Notes		Fresh in season/frozen otherwise	Fresh in season/frozen otherwise	Homemade with cheese, Raisins and plain Margarine	
LUNCH	BBQ Chicken Thighs Wild Rice Sautéed Zucchini Slices Unsweetened Applesauce Milk/Water	Soft/Hard Taco Shells Lettuce, Diced Tomatoes, ground beef, Salsa, Shredded Cheddar, Sour Cream Plums Milk/Water	Cheese Ravioli Tomato Sauce Caesar Salad Garlic Bread Honeydew Melon Milk/Water	Tuna Pasta Casserole* Greek Salad Watermelon/Fruit Cocktail Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Varied flavours of applesauce	All served separately for self-serve choices Substitute meat when need is present	Parmesan cheese Caesar salad dressing and fresh bacon bits served separately	Watermelon when in season Fruit Cocktail otherwise *supply parent board with recipe	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Varied Peppers, Cherry Tomatoes, Broccoli, Cauliflower with Dips Milk/Water	Sliced Turkey Breast Multigrain Bread Pickles Milk/Water	Hummus Stone Wheat Crackers Cucumber Slices Milk/Water	Naan bread Pizza Sauce Shredded Mozzarella Cheese Pepperoni Slices Milk/Water	Chicken Salad Pita Pockets Snap Peas Milk/Water
Additional Notes	Dips: spinach, roasted red pepper, tzatziki, ranch	Mayonnaise, mustard, margarine Served separately for children to create own		Substitution for pepperoni for diversity	Chicken salad: chopped celery/onion Mayonnaise

Dressings available: French, Italian, Greek, Caesar, Thousand Island, Raspberry, Poppyseed

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