

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Granola Bars Oranges Milk/Water	Homemade Banana Loaf Slices Cantaloupe Milk/Water	Boiled Eggs Whole Wheat Toast Milk/Water	Crispix & Mini Wheat Cereal Bananas Milk/Water	Whole Wheat Bagels Fruit Cocktail Jam Milk/Water
Additional Notes		Margarine	Margarine		Strawberry jam Orange marmalade Margarine
LUNCH	Chicken Breast Strips Mixed Veggies Potato Wedges Sliced Apples Milk/Water	Lean Chicken or Beef Meatballs Brown Rice Broccoli & Cauliflower Nectarines Milk/Water	Homemade Vegetarian Minestrone Soup With Grill Cheddar Cheese Sandwiches on Whole Wheat Bread, Kiwi slices Milk/Water	Homemade Pancakes Turkey Sausages Sliced Tomatoes Ice Cream with Berries Milk/Water	Cod Nuggets Egg Noodles Peas & Carrots Mandarin Oranges Milk/Water
Additional Notes		Fresh veggies in season/or frozen otherwise	Tomato base soup with whole wheat pasta, tomatoes, potatoes, chickpeas/beans	Frozen or seasonal strawberries, raspberries, blueberries	Egg Noodles with parmesan cheese & margarine
P.M. SNACK	Tuna pasta salad Milk/Water	Grapes Honey Graham Cookies or wafers Milk/Water	Cheese & Triscuit Crackers Carrots & Celery Sticks Milk/Water	Mini Whole Wheat Pita Pizza Sauce Turkey Pepperoni Shredded Mozzarella Milk/Water	Veggie Tray Ranch Dip Milk/Water
Additional Notes	Wagon wheel pasta, tuna, celery, onions, mayo, green pepper & pepper to taste		Monterey Jack cheese Marble cheese Cheddar cheese		Fresh broccoli, cauliflower, carrots, celery, mushrooms

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