

# SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: \_\_\_\_\_

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Multigrain Cheerios Rice Krispies Fresh Fruit Milk/Water	Yogurt Fresh Fruit Milk/Water	Whole Wheat English Muffins Margarine/Jam Fresh Fruit Milk/Water	Homemade Blueberry Muffins Fresh Fruit Milk/Water	Nutri-grain Bars Unsweetened Apple Sauce Milk/Water
<b>Additional Notes</b>				Margarine available	Margarine available
<b>LUNCH</b>	Homemade Chicken Pasta Soup Marble/ Rye Bread Shredded Mozzarella Cheese Canned Mandarin Oranges Milk/Water	Spaghetti Noodles with Meat Sauce Garlic bread Caesar salad Fresh Fruit Milk/Water	Roast Chicken & Gravy Brown Rice Steamed Broccoli & Cauliflower Canned Peaches Milk/Water	Meat Chili Whole Wheat Buns Tossed Salad Canned Pears Milk/Water	<b>Chef Surprise!</b>  Milk/Water
<b>Additional Notes</b>	Soup contents: celery, carrots, peas, onions, chicken broth, pasta, chicken, sweet potato, or squash, kale, spices	Lean beef/turkey Caesar salad: romaine lettuce, crotons, parmesan cheese, Caesar dressing		Lean Ground Beef Stewed Tomatoes Beans	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive to dietary diversities
<b>P.M. SNACK</b>	Multi-grain Nachos Homemade Avocado Dip Raw Vegetable Sticks Milk/Water	Whole Wheat Crackers Havarti Cheese Fresh Fruit Flavoured Water	Pumpnickel Bread Homemade Spinach Dip Raw Vegetable Sticks Milk/Water	Mini Whole Wheat Pitas Flavoured Cream Cheese Raw Vegetable Sticks Milk/Water	Ice Cream Fresh Fruit Water
<b>Additional Notes</b>	Carrot sticks lightly steamed to soften for infant & toddlers			Herb, salmon, strawberry, plain cream cheeses	

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.