

## SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



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

### WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M. SNACK</b>	Vanilla Yogurt Granola Milk/Water	Corn Bran Life Cereal Fresh Fruit Milk/Water	Homemade Apple Spice Muffins Canned Pear Slices Milk/Water	Hard Boiled Eggs Mini Croissants Milk/Water	Bagels Unsweetened Jam/Jelly Fresh Fruit Milk/Water
<b>Additional Notes</b>			Substitute raisins for dark chocolate chips, margarine	Margarine	Varied bagel flavours Blueberry/Apple Cinnamon
<b>LUNCH</b>	Cod Nuggets Bowtie Noodles Coleslaw Canned Peaches Milk/Water	French Toast Turkey Sausage Raw Vegetable Sticks Fresh Fruit Milk/Water	Chicken Stir Fry Rice Fresh Fruit Milk/Water	Shepard's Pie Gravy Whole Wheat Buns Fresh Fruit Milk/Water	Homemade Macaroni & Cheese Peas Canned Tropical Fruit Milk/Water
<b>Additional Notes</b>			Fresh peppers, broccoli, cauliflower, mushrooms, onions, carrots, white chicken breasts	Ground beef/ground turkey substitution Mashed potatoes Carrots/corn mix	
<b>P.M. SNACK</b>	Chicken Salad Sandwich on Whole Wheat Bread Raw Vegetable Sticks Milk/Water	Rice Cakes Cheddar Cheese Fresh Fruit Flavoured Water	Nachos, Salsa, Sour Cream , Shredded Cheese Flavoured Water	Oatmeal Cookies Fresh Fruit Milk/Water	Cheese and Fruit Kabob (assorted cheese cubes with seasonal fruit choices) Milk/Water
<b>Additional Notes</b>	Celery sticks not served to Infants/Toddlers				

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.