

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	French Toast Fresh Fruit Unsweetened Jam Syrup Milk/Water	Oatmeal with Fresh Fruit Milk/Water	Yogurt Fresh Fruit Milk/Water	Cheese/ Raisin Tea Biscuits Unsweetened Jam Fresh Fruit Milk/Water	Waffles Syrup/Margarine Fresh Fruit Milk/Water
Additional Notes				Homemade with cheese, Raisins and plain Margarine	
LUNCH	Cheese Ravioli Tomato Sauce Caesar Salad Garlic Bread Fresh Fruit Milk/Water	Soft/Hard Taco Shells Ground Beef, Lettuce, Diced Tomatoes, Salsa, Shredded Cheddar, Sour Cream Fresh Fruit Milk/Water	BBQ Chicken Thighs Wild Rice Broccoli Unsweetened Applesauce Milk/Water	Tuna Pasta Casserole (Elbow noodles, Tuna packed in Water, Cream of Celery Soup) Greek Salad Canned Fruit Cocktail Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Parmesan cheese Caesar salad dressing and fresh bacon bits served separately	All served separately for self-serve choices	Varied flavours of applesauce	Greek Salad: Spinach, Feta Cheese, Olives, Greek Dressing	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Hummus Mini Whole Wheat Pita Raw Vegetable Sticks Milk/Water	Sliced Turkey Breast Multigrain Bread Pickles Milk/Water	Varied Peppers, Cherry Tomatoes, Broccoli, Cauliflower with Dips Vegetable Thin Crackers Milk/Water	Animal Crackers Fresh Fruit Milk/Water	Chicken Salad Pita Pockets Raw Vegetable Sticks Milk/Water
Additional Notes		Mayonnaise, mustard, margarine Served separately for children to create own	Dips: spinach, roasted red pepper, tzatziki, ranch	Fresh Fruit/ Unsweetened Canned Out of Season	Chicken salad: chopped celery/onion Mayonnaise

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.