



SCHOOLHOUSE PLAYCARE CENTRES of DURHAM

FOR THE WEEK OF: _____

WEEK FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Waffles Syrup Canned Peaches Milk/Water	Crumpets Cheddar Cheese Milk/Water	Whole Wheat Bagels Cream Cheese Fresh Fruit Milk/Water	Scrambled Eggs Whole Wheat Toast Milk/Water	Homemade Blueberry Muffins Fresh Fruit Milk/Water
Additional Notes	Unsweetened Jam Margarine	Margarine	Strawberry, pineapple flavoured cream cheese Margarine	Ketchup Margarine	Home baked with fresh/frozen berries
LUNCH	Mini Pizzas Greek Salad Canned Apple Sauce Milk/Water	Lean Beef Burger Macaroni & Cheese Carrots & Celery, Pickles Fresh Fruit Milk/Water	Vegetarian Lasagna Tossed Salad Fresh Fruit Milk/Water	Homemade Lean Beef Pot Pie With Veggies Whole Wheat Dinner Rolls Canned Fruit cocktail Milk/Water	Chef Surprise! Milk/Water
Additional Notes	Whole wheat English muffins Pizza sauce Turkey pepperoni Spinach salad: olives, feta, grape tomatoes, Greek dressing		Lasagna: mozzarella, spinach, carrots, onion peppers Salad: spring mix, shredded cheese cranberries,		Surprise to be posted by Tues with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Homemade Trail Mix Canned Pears Milk/Water	Hummus Stone Wheat Crackers Slice Cucumbers Flavoured Water	Whole Wheat Pita Bread Pizza Sauce Shredded Mozzarella Cheese Pepperoni Slices Raw Vegetable Sticks Milk/Water	Popcorn/Mini Rice Cakes Assorted Cheese Cubes Flavoured Water	Canned Peaches Cottage Cheese/Yogurt Flavoured Water
Additional Notes	Cheerios, Shreddies, Pretzels, Popcorn, Unsweetened Chocolate chips		Substitution pepperoni for diversity	Havarti/Swiss/Marble cheese Substitute Mini Rice Cakes for Infant & 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.