

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Granola Bars Fresh Fruit Milk/Water	Homemade Banana Loaf Slices Fresh Fruit Milk/Water	Boiled Eggs Whole Wheat Toast Milk/Water	Crispix & Mini Wheat Cereal Fresh Fruit Milk/Water	Whole Wheat Bagels Canned Fruit Cocktail Milk/Water
Additional Notes		Margarine	Strawberry jam Orange marmalade Margarine		Strawberry jam Orange marmalade Margarine
LUNCH	Chicken Breast Strips Brown Rice Mixed Veggies Fresh fruit Milk/Water	Lean Chicken or Beef Meatballs Bowtie Noodles Broccoli & Cauliflower Fresh Fruit Milk/Water	Homemade Vegetarian Minestrone Soup With Grill Cheddar Cheese Sandwiches on Whole Wheat Bread Canned Pears Milk/Water	Homemade Pancakes Turkey Sausages Sliced Tomatoes Ice Cream with Fresh Fruit Milk/Water	Cod Nuggets Egg Noodles Peas & Carrots Canned Mandarin Oranges Milk/Water
Additional Notes			Tomato base soup with whole wheat pasta, tomatoes, potatoes, chickpeas/beans		Egg Noodles with parmesan cheese & margarine
P.M. SNACK	Triscuit Crackers Marble Cheese Cubes Raw Vegetable Sticks Milk/Water	Fresh Fruit Vanilla Yogurt Parfait (Rice Krispie Cereal and Frozen Berries) Flavoured Water	Multigrain Tortilla Chips Salsa Homemade Cheese Dip Milk/Water	Pita Wedges Black Bean Dip Flavoured Water	Veggie Tray Ranch Dip Crunchy Rice Rolls Milk/Water
Additional Notes					Fresh broccoli, cauliflower, carrots, celery, mushrooms

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.