

SCHOOLHOUSE PLAYCARE CENTRES of DURHAM



FOR THE WEEK OF: _____

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Corn Bran Life Cereal Fresh Fruit Milk/Water	Vanilla Yogurt Granola Mix Fresh Fruit Milk/Water	Hard Boiled Eggs Whole Wheat Mini Croissants Fresh Fruit Milk/Water	Homemade Apple Spice Muffins Pear Slices Milk/Water	Bagels Unsweetened Jam Fresh Fruit Milk/Water
Additional Notes			Margarine	Margarine	Variety of bagel flavours Blueberry/Apple Cinnamon, Whole Wheat
LUNCH	French Toast Cottage Cheese Raw Vegetable Sticks Fresh Fruit Milk/Water	Cod Nuggets Bowtie Noodles Coleslaw Peaches Milk/Water	Chicken Stir Fry Brown Rice Fresh Fruit Milk/Water	Shephard's Pie Gravy Whole Wheat Buns Fresh Fruit Milk/Water	Chef Surprise! Milk/Water
Additional Notes			Fresh peppers, broccoli, cauliflower, mushrooms, onions, carrots, white chicken breasts	Ground beef/ground turkey substitution Mashed potatoes Carrots/corn mix	Surprise to be posted by Tuesday with recipe details. Meal will be inclusive of dietary diversities.
P.M. SNACK	Plain Rice Cakes Cheddar Cheese Fresh Fruit Water/Milk	Chicken Salad Sandwich on Whole Wheat Bread Raw Vegetable Sticks Milk/Water	Pita Wedges, Salsa, Sour Cream , Shredded Cheese Water/Milk	Whole Wheat Hummus Wraps Fresh Fruit Milk/Water	Cheese and Fruit Kabob (assorted cheese cubes with seasonal fruit choices) Milk/Water
Additional Notes		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.



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