WEEKLY MENU

## TERRY TAN CHILD CENTRE

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	WW Shreddies, milk	Arrowroot Cookies, Milk	Granola Bars, Fresh Fruit	Soft Cheese, WW Bagels	Oatmeal Raisin Cookies, Milk
LUNCH	Chicken Fried Rice, Carrot and Cucumber Sticks,Pumpernickel Bread, Fresh Fruit, Milk	WW/ Vegetable Pasta, Marinara Meat Sauce, Parmesan Cheese, Baby Corn, Whole Wheat Bun, Fresh Fruit, Milk	Chicken Noodle Soup, Chicken, Salami & Cheese Subs, Cauliflower Floret & Celery Sticks, Sausage Bun, Mustard, Fresh Fruit, Milk	Fish Sticks, Couscous with Vegetables, Ketchup,Cucumber and Pepper sticks, Whole Wheat Pita, Fresh Fruit, Milk	Beef Lasagna, Green Salad, Dressing, Olive Bread, Fresh Fruit, Milk
PM	Yogurt, Fresh Fruits	No nut Butter, Rice Cakes	Gold Fish, Raisins, Milk	Apple StrawberrySauce, WW/Multigrain Crackers	Berry sour cream loaf, Fresh Fruits
THIRD	pears, water	oranges, water	apples, water	bananas, water	oranges, water
Veggie sticks and Bread may change without notice based on availability	Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes are also provided for all children.	Legumes are also provided for all children.	Toddler raw veggies are microwaved for one minute before serving.	Water is available with every meal. AM food is snack and not breakfast.	Menu is subject to change based on seasonal availability.