

TERRY TAN CHILD CENTRE

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Raisin Bread, No Nut Butter	Multigrain Cereal, Milk	Apple Sauce, Arrowroot Cookies	Oatmeal Chocolate Cookie, Fresh Fruit	Granola Bar, Milk
LUNCH	Turkey Ragu, WW/Vegetable Pasta, Parmesan Cheese, Pepper and Cucumber Sticks, WW Bread, Fresh Fruit, Milk	Captain Fish Burger, Spanish Rice, Baby Carrots, Olive Bun, Ketchup, Fresh Fruit, Milk	Roast Drums, Couscous with Vegetables, Broccoli Floret and Tomato Wedge, Multigrain Bun, Fresh Fruit, Milk	Spinach Ricotta Lasagna, Green and Yellow Beans, Garlic Bread, Fresh Fruit, Milk	Beef Hamburger, Corn Niblets, Ketchup, Sliced Cheddar, Hamberger Bun, Fresh Fruit, milk
PM	Carrot Loaf, Fresh Fruit	Yogurt, WW/Multigrain Crackers	Nachos, Cheese, Salsa	No Nut butter, Muesli Bun	Banana Chocolate Loaf, Fresh Fruit
THIRD	pears, water	oranges, water	apples, water	bananas, water	oranges, water

<p>Veggie sticks and Bread may change without notice based on availability</p>	<p>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.</p>	<p>Legumes are also provided for all children.</p>	<p>Toddler raw veggies are microwaved for one minute before serving.</p>	<p>Water is available with every meal. AM food is snack and not breakfast.</p>	<p>Menu is subject to change based on seasonal availability.</p>
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