WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Multigrain Cereal, Milk	Arrowroot Cookies, Milk	Granola Bars, Fresh Fruit	Bran Flakes, Milk	Hard Boiled Eggs, Triscuits
LUNCH	WW/ Vegetable Pasta, Tuscan Chicken, Parmesan Cheese, Pepper and Cucumber Sticks, Marble Bread, Fresh Fruits, Milk	Sole Fillet, Rice Pilaf, Tartar Sauce, Baby Carrots, Multigrain Bun, Fresh Fruits, Milk	Chicken Breast Burger, Oven Fries, Ketchup, Broccoli Floret and Tomato Wedge, Hamburger Bun, Fresh Fruits, Milk	WW / Vegetable Pasta, Ricotta Tomato Sauce, Parmesan Cheese, Green and Yellow Beans, Whole Wheat Bread, Fresh Fruits, Milk	Teriyaki Beef, Cabbage Rice, Green Salad, Dressing, Pull Apart Bun, Fresh Fruits, Milk
PM	Soft Cheese, Whole Wheat Bagel	Pumpkin Date Loaf, Fresh Fruits	Goldfish, Raisins, Milk	Oatmeal Raisin Cookies, Fresh Fruits	Wow Butter, Raisin Bread
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.