

WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Whole Wheat Shreddies Milk	Apple Butter Rice Cake	Granola Bar Fresh Fruits	Multigrain Cheerios Milk	Soft Chesse Wheat Crackers
LUNCH	Tuscan Chicken with White Beans Whole Wheat or Vegetable Pasta Parmesan Cheese Carrot and Cucumber Sticks Corn Bread Fresh Fruits, Milk	Turkey and Vegetable Soup Salami, Chicken and Cheese Submarine Mustard Sausage Bun Fresh Fruits, Milk	Curry Chicken Rice Pilaf Green Beans and Celery stick Whole Wheat Bread Fresh Fruits, Milk	Beef Lasagna Cabbage and Green Salad, Dressing Garlic Bun Fresh Fruits, Milk	Fish Pollack Burger Rice Pilaf Ketchup Baby Carrots Pull Apart Bun Fresh Fruits, Milk
PM	Strawberry Soft Cheese Cinnamon Bagel	Berry Lemon Loaf Fresh Fruits	Nachos Cheese Salsa	Yogurt Arrowroot Cookies	Raisin Bread 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.