WEEKLY MENU TERRY TAN CHILD CENTRE WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Bran Raisin Flakes Milk	Arrowroot Cookies Milk	Ritz Crackers Fresh Fruits	Apple Butter Wheat Crackers	Rice Krispies Milk
LUNCH	WW/ Vegetable Pasta, Cheese sauce, Pepper and Cucumber Sticks, Whole Wheat Bread, Fresh Fruits, Milk	Chicken Breast Nuggets Rice Pilaf Ketchup Baby Carrots Onion Bun Fresh Fruits, Milk	Fish Sticks Couscous w/ Carrots and Spinach Tartar Sauce Green Beans and Tomato Wedge Pull Apart Bun Fresh Fruits, Milk	WW/Vegetable Pasta Ricotta Tomato sauce Parmesan Cheese Asparagus Baby Corn Whole Wheat Italian Bread Fresh Fruits, Milk	Teriyaki Chicken Meatballs Rice Pilaf Cabbage and Green salad, Dressing Whole Wheat Bun Fresh Fruits, Milk
PM	Wow Butter Marble Rye Bagel	Danish Roll Fresh Fruits	Cherry Croissant Soft Cheese	Zucchini Carrot Muffin Fresh Fruits	Yogurt Brown Rice Cake
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.

Food catered by M. Albert Catering

Revised November 2026