WEEKLY MENU TERRY TAN CHILD CENTRE WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Multigrain Cereal Milk	Arrowroot Cookies Milk	Granola Bar Fresh Fruits	Corn Flakes Milk	Soft Cheese Triscuits
LUNCH	Chicken Marinara Whole Wheat or Vegetable Pasta Parmesan Cheese Baby Carrots Garlic Bun Fresh Fruits, Milk	Beef Tacos Shredded Cabbage & Lettuce, Dressing Sour Cream, Cheese Whole Wheat Pita Fresh Fruits, Milk	Chicken Breast Chunk Roast Potatoes & Peppers Ketchup Marble Rye Bread Fresh Fruits, Milk	Beef Lasagna Green and Yellow Beans Whole Wheat Bun Fresh Fruits, Milk	Cod Fillet Rife Pilaf Ketchup Cauliflower Floret & Celery Sticks Challah Bread Fresh Fruits, Milk
PM	Pumpkin Loaf Fresh Fruits	Pretzel Apple sauce	Cheese String Ritz Crackers	Whole Wheat Bagel Wow Butter	Oatmeal Raisin Cookie 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.

Food catered by M. Albert Catering

Revised November 2026