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	Chicken Meatball in Tomato Sauce WW/Vegetable Pasta Parmesan Cheese Carrot and Pepper Sticks Rye Bread Fresh Fruits, Milk	Turkey, Chicken & Vegetable Soup Salami, Chicken and Cheese Submarine Mustard Sausage Bun Fresh Fruits, Milk	Mushroom Chicken Rice Pilaf Cucumber and Celery stick Whole Wheat Bread Fresh Fruits, Milk	Beef Burger Corn Niblets Sliced Cheese Burger Bun Burger Sauce Fresh Fruits, Milk	Alaskan Pollack Burger Rice Pilaf, Ketchup Green and Yellow Beans Corn Bread Fresh Fruits, Milk
PM	Strawberry Soft Cheese Cinnamon Bagel	Morning Glory 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.

Food catered by M. Albert Catering

Revised November 2026