WEEKLY MENU TERRY TAN CHILD CENTRE WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Corn Flakes, Milk	Wow Butter Triscuits	Soft Cheese WW crackers	Fruit Bar Brown Rice Cakes	Granola Bar Fresh Fruits
LUNCH	Meat Sauce with Spinach WW/Vegetable Pasta Parmesan Cheese Pepper and Cucumber Sticks Pumpernickel Bread Fresh Fruits, Milk	Cod Nuggets Rice and Beans Ketchup Mixed Green Salad, Dressing Whole Wheat Bread Fresh Fruits, Milk	Chicken Breast Burger Roast Potatoes and Green Beans Burger Bun Burger Sauce Fresh Fruits, Milk	Beef Meatballs in Tomato Sauce WW/Vegetable Pasta Parmesean Cheese Broccoli Floret and Baby Corn Three Grain Bread Fresh Fruits, Milk	Chicken Souvlaki Rice Pilaf Baby Carrots Whole Wheat Bun Fresh Fruits, Milk
PM	Blueberry Scone Fresh Fruits	Apple Snacking Rounds Soft Cheese	Sour Cream Loaf Fresh Fruits	Cheese Strings Wheat Crackers	Whole Wheat Bagel Fig Fruit Spread
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