

WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Whole Wheat Shreddies and Milk	Ricotta Cream Cheese WW Bagels Fruit and Milk	No Nut Butter WW Multigrain Crackers Fresh Fruit and Milk	Granola Bar Fresh Fruit and Milk	Yogurt Fresh Fruit and Milk
LUNCH	Roast Chicken Drums Yellow Rice Pepper and Cucumber Stick Double Flax Seeds Bread Fresh Fruit and Milk VEG: Bean & Vegetable. Stir Fry	Whole Wheat Veg. Pasta Ricotta Tomato Sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit and Milk	Chicken Noodle Soup Chicken and Salami and Cheese Submarine Cauliflower Floret Sausage Bun Mustard Fresh Fruit and Milk VEG: Chickpea Soup	Pollock Crunchy Rice Pilaf Ketchup Green Beans WW Pita Fresh Fruits and Milk VEG: Crustless Quiche	Meatballs With Gravy Mashed Potatoes Broccoli Florets and Carrot Sticks Whole Wheat Bread Fresh Fruit and Milk VEG: Grilled Cheese
PM	No Nut Butter Rice Cake Fresh Fruit and Water	Pumpkin Banada Loaf Fresh Fruits and Water	Mixed Berry Squares Fresh Fruits and Water	Sliced Cheddar Apple Sauce and Water	Tuna Salad WW Bagel and Water

Catering Menu Provided By:	M. Halpert Catering Limited 1681 St. Clair Ave. W Toronto, ON	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 not breakfast.	Menu is subject to change based on seasonal availability.
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revised July, 2021