

WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Multigrain Cereal and Milk	Apple Sauce Rice Cake Fresh Fruits and Milk	Oatmeal Chocolate Cookie Fresh Fruit and Milk	Granola Bars Fresh Fruits and Milk	Hard Boiled Eggs WW Multigrain Crackers and Milk
LUNCH	WW Vegetable Pasta and Chickpea Puree in Tomatoe Sauce Parm Cheese Cucumber and Pepper Sticks Rye Bread Fresh Fruit and Milk	Beef Tacos Lettuce Cheese Sour Cream Tortilla Chips Fresh Fruit and Milk VEG: Lentil Tacos	Haddock Fillet Green Peas Ketchup WW Italian Bread Fresh Fruit and Milk VEG: Crustless Quiche	Beef Lasagna Ceasar Salad Ceasar Dressing WW Bun Fresh Fruit and Milk VEG: Veg. Lasagna	Chicken Breast Strips Fried Rice Honey Mustard Sauce Cauliflower Floret and Celery Sticks WW Pita Fresh Fruit and Milk VEG: Pea Patty
PM	Yogurt Fresh Fruit and Water	Mixed Berry Loaf Fresh Fruit and Water	Ricotta Cream Cheese WW Multigrain Crackers Fresh Fruit and Water	No Nut Butter WW Bagels Fresh Fruit and Water and Water	Morning Glory Muffin Fresh Fruits 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