

WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	WW Shreddies and Milk	No Nut Butter WW Bagel Fresh Fruit and Milk	Blueberry Square Fresh Fruit and Milk	Granola Bars Fresh Fruits and Milk	Cottage Cheese Fresh Fruit and Milk
LUNCH	Meatball Submarine Mashed Potatoes Cucumbe and Carrot Sticks Parm Cheese Sausage Bun Fresh Fruit and Milk VEG: Veggie Ball Submarine	Teriyaki Chicken Drums Rice Pilaf Baby Corn Rye Bread Fresh Fruit and Milk VEG: Teriyaki Tofu with Vegetables	Cheese Cannelloni Green Beans WW Dinner Rolls Fresh Fruit and Milk	Beef Hamburger Corn Niblets Ketchup Sliced Cheddar WW Hamburger Bun Fresh Fruit and Milk VEG: Veggie Burger	Fish Sticks Spanish Rice Ketchup Cauliflower Floret and Pepper Sticks WW Italian Bread Fresh Fruit and Milk VEG: Vegetarian Hotdog
PM	Carrot Cake Fresh Fruit and Water	Sliced Cheddar Fresh Fruit and Water	Apple Sauce and Rice Cake and Water	Goldfish Raisin and Water	Egg Salad WW Pita Fresh Fruit 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