

WEEKLY MENU

TERRY TAN CHILD CENTRE

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Raisin Bread No Nut Butter Fresh Fruit and Milk	Apple Sauce Rice Cake Fresh Fruits and Milk	Multigrain Cereal Fresh Fruits and Milk	Oatmeal Raisin Cookie Fresh Fruit and Milk	Granola Bar Fresh Fruits and Water
LUNCH	WW Veg. Pasta Turkey Pepper and Olives in Tomatoe Sauce Parmesan Cheese Pepper and Cucumber Sticks WW Bread Fresh Fruit and Milk VEG: WW Pasta with Lentil and Olives in Tomatoe Sauce	Pineapple Chicken Biryani Rice Baby Carrots WW Bun Fresh Fruit and Milk VEG: Chickpea and Vegetable Stir Fry	Gluten Free Cod Nuggets Quinoa Pilaf Broccoli Florets Celery Sticks Ketchup WW Pita Fresh Fruit Milk VEG: Pea Patty	Chicken Lasagna Green Salad Balsamic Dressing Double Flax Seedf Bread Fresh Fruit and Milk VEG: Ricotta Spinach Lasagna	All Beef Kielbasa Roast Potatoes Ketchup Green Beans Sausage Bun Fresh Fruit and Milk VEG: Vegetarian Hotdog
PM	Yogurt Fresh Fruit and Water	Ricotta Cream Cheese WW Bagel Fresh Fruits and Water	Bran Raisin Muffin Fresh Fruit and Water	Chickpea Lentil Dip WW Pita Fresh Fruits and Water	Nacho Cheese and Salsa 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