

TERRY TAN CHILD CENTRE

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

AM	Raisin Bread, No Nut Butter	Apple Sauce, Rice Cakes	Multigrain Cereal, Milk	Oatmeal Raisin Cookie, Fresh Fruit	Granola Bar, Milk
LUNCH	WW/Vegetable Pasta Turkey, Pepper & Olives in Tomato Sauce Parmesan Cheese Pepper & Cucumber Sticks Whole Wheat Bread Fresh Fruit, Milk	Pineapple Chicken Buriyani Rice Baby Carrots Whole Wheat Buns Fresh Fruit, Milk	Gluten Free Cod Nuggets Quinoa Pilaf Broccoli Florets & Celery Sticks, Ketchup Whole Wheat Pita Fresh Fruit, Milk	Chicken Lasagna Green Salad Balsamic Dressing Double Flax Seeds Bread Fresh Fruit, Milk	All Beef Kielbasa Roast Potatoes Ketchup, Green Beans, Sausage Bun Fresh Fruit, Milk
PM	Yogurt, Fresh Fruit	Ricotta Cream Cheese, WW Bagels	Bran Raisin Muffin, Fresh Fruit	Chickpea Lentil Dip, WW Pita	Nachos, Cheese, Salsa
THIRD	pears, water	oranges, water	apples, water	bananas, water	oranges, water

Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes	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.
--	---	---	---	---