

TERRY TAN CHILD CENTRE

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Raisin Bread, No Nut Butter	Apple Sauce, Arrowroot Cookies	Multigrain Cereal, Milk	Oatmeal Raisin Cookie, Fresh Fruit	Granola Bar, Milk
LUNCH	Coconut Chicken Alfredo with Mushrooms, Rice Pilaf, Pepper and Cucumber Sticks, WW Bun, Fresh Fruit, Milk	WW/ Vegetable Pasta, Ricotta Tomato Sauce, Parmesan cheese, Baby Carrots, WW Bread, Fresh Fruit, Milk	Beef Hamburger, Corn Niblets, Ketchup, Sliced Cheddar, WW Hamburger Bun, Fresh Fruit, Milk	Cod Fillet, Quinoa Pilaf, Broccoli Florets & Celery Sticks, Ketchup, Whole Wheat Pita, Fresh Fruit, Milk	Irish Beef Stew, Mashed Potatoes, Asparagus, Multigrain Bread, Fresh Fruit, Milk
PM	Yogurt, Fresh Fruit	Banana Berry Muffin, Fresh Fruits	Ricotta Cream Cheese, WW Bagels, Fresh Fruits	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.
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