

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	Mac and Cheese sauce, Pepper and Cucumber Sticks, WW Bun, Fresh Fruit, Milk	Chicken Stew, Mashed Potatoes, Baby Carrots, Whole Wheat Bread, Fresh Fruit, Milk	Alaskan Pollack, Lentil Rice, Coleslaw, Dressing, Ketchup, Whole Wheat Pita, Fresh Fruit, Milk	Beef Hamburger, Corn Niblets, Ketchup, Sliced Cheddar, WW Hamburger Bun, Fresh Fruit, Milk	Chicken Nuggets, Rice Pilaf, Asparagus, Honey Mustard Sauce, Multigrain Bread, Fresh Fruit, Milk
PM	Grapes Squares, Fresh Fruit	Yogurt, WW/Multigrain Crackers	Carrot Coconut Loaf, Fresh Fruit	No Nut butter, WW Bagel	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 are also provided for all children.	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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