

# Tilbury Tots Early Learning Centre

# November 2023

Mon	Tue	Wed	Thu	Fri
		01 Cereal & Milk Water  Minestrone Soup & Bun & Fruit Water  Rice Krispie Squares & Fruit Water	02 Orange Loaf & Fruit Water  Sweet Potato Hash W/Ham & Eggs & Fruit Water/Milk  Chocolate Zucchini Loaf & Fruit Water	03 Carrot Spice Loaf & Fruit Water  Tuna Noodle Casserole & Bread & Fruit Water/Milk  Cheese & Crackers Water
06 Applesauce & Graham Crackers Water  Spaghetti & Meat Sauce & Veg & Fruit Water/Milk  Crackers & Fruit Water	07 Over Night Oats & Fruit Water  Tuscan Chicken Pasta & Veg & Fruit Water/Milk  Yogurt & Fruit Water	08 Cereal & Milk Water  Mushroom Pork Casserole & Veg & Fruit Water  Graham Crackers & Fruit Water	09 Blueberry Loaf & Fruit Water  Tomato Mac Soup & Grilled Cheese & Fruit Water/Milk  Oatmeal Cookies & Fruit Water	10 Banana Loaf & Fruit Water  Southwest Wrap W/Sour Cream & Salsa & Fruit Water/Milk  Jam Sandwich & Fruit Water
13 Applesauce & Graham Crackers Water  Sloppy Joes On a Bun & Veg & Fruit Water/Milk  Crackers & Veggie Sticks Water	14 Yogurt & Fruit Water  Chicken Broccoli Alfredo & Fruit Water/Milk  Arrowroot Cookie & Fruit Water	15 Cereal & Milk Water  Carrot & Sweet Potato Soup & Cheese Sandwich & Fruit Water  Gold Fish & Fruit Water	16 Sheet Pancake & Fruit Water  Lentil Bolognese Pasta & Fruit Water/Milk  Pumpkin Bread & Fruit Water	17 Oatmeal Loaf & Fruit Water  Cabbage Roll Casserole W/Bread & Fruit Water  Cheese & Crackers Water
20 Applesauce & Graham Crackers Water  Beef Chili W/ Buttered Toast & Fruit Water/Milk  Crackers & Fruit Water	21 Arrowroot Cookie & Fruit Water  Macaroni & Cheese W/Ham & Veg & Fruit Water/Milk  Yogurt & Fruit Water	22 Cereal & Milk Water  Pizza Quesadillas W/Pizza Sauce & Veg & Fruit Water  Graham Crackers & Fruit Water	23 Lemon Loaf & Fruit Water  Chicken Vegetable Noodle Soup W/Bun & Fruit Water/Milk  Bean Brownie & Fruit Water	24 Sweet Potato Loaf & Fruit Water  Seasoned Pork & Vegetable Fried Rice & Fruit Water/Milk  Cheese Sandwich Water
27 Applesauce & Graham Crackers Water  Beef Stroganoff & Veggies & Fruit Water/Milk  Crackers & Veggie Sticks Water	28 Yogurt Parfait Water  Gravy Chicken W/Rice & Veg & Fruit Water/Milk  Arrowroot Cookie & Fruit Water	29 Cereal & Milk Water  Minestrone Soup & Bun & Fruit Water  Rice Krispie Squares & Fruit Water	30 Orange Loaf & Fruit Water  Sweet Potato Hash W/Ham & Eggs & Fruit Water/Milk  Chocolate Zucchini Loaf & Fruit Water	