

Tilbury Tots Early Learning Centre

July 2025

Mon	Tue	Wed	Thu	Fri
	01 Yogurt Parfaits Water Chicken & Avocado Quesadillas W/Sour Cream & Veggies & Fruit Water/Milk Naan Bread & Hummus Water	02 Cereal & Milk Water Tomato Mac Soup & Grilled Cheese & Fresh Fruit Water Ambrosia Salad & Arrowroot Cookies Water	03 Blueberry Yogurt & Oat Muffins & Fresh Fruit Water Turkey & Gravy W/ Buttered Bun & Veggies & Fruit Water/Milk Banana Pudding & Digestive Cookies Water	04 English Muffins W/Jam & Fresh Fruit Water Sweet & Sour Meatballs Over Rice & Veggies & Fruit Water/Milk Saltine Crackers & Cheese Slices Water
07 Applesauce & Graham Crackers Water Sloppy Joes & Veggies & Fruit Water/Milk Fresh Fruit & Flavoured Crackers Water	08 Yogurt & Digestive Cookies Water Macaroni & Cheese W/Sweet Potato & Veggies & Fruit Water/Milk Cheese Sandwiches & Fresh Fruit Water	09 Cereal & Milk Water Chicken Salad Sandwiches & Fresh Veggies & Fresh Fruit Water Chocolate Hummus & Graham Crackers Water	10 Pineapple Muffins & Fresh Fruit Water Pepperoni & Veggie Pizza on Naan Bread & Veggies & Fruit Water/Milk Strawberry Banana Icecream & Arrowroot Cookies Water	11 Energy Balls & Fresh Fruit Water Beef & Lentil Bolognese & Veggies & Fruit Water/Milk Saltine Crackers & Cheese Slices Water
14 Applesauce & Graham Crackers Water Beef Stroganoff & Veggies & Fruit Water/Milk Fresh Veggies & Flavoured Crackers Water	15 Yogurt Parfaits Water Ham Fried Rice & Buttered Bun & Fresh Fruit Water/Milk Cream Cheese & Cukes Sandwiches Water	16 Cereal & Milk Water Egg Salad Sandwiches & Fresh Veggies & Fresh Fruit Water Baked Pears & Arrowroot Cookies Water	17 Strawberry Muffins & Fresh Fruit Water Chicken & Spinach Pizza on English Muffins & Veggies & Fruit Water/Milk Fruit Sorbet & Digestive Cookies Water	18 Bagels W/Butter & Fresh Fruit Water Goulash & Veggies & Fresh Fruit Water/Milk Saltine Crackers & Cheese Slices Water
21 Applesauce & Graham Crackers Water Soft Taco's W/Sour Cream & Veggies & Fruit Water/Milk Fresh Fruit & Flavoured Crackers Water	22 Yogurt & Digestive Cookies Water Chicken Vegetable Noodle Soup W/Buttered Bun & Fresh Fruit Water/Milk Jam Sandwiches & Fresh Fruit Water	23 Cereal & Milk Water Ham & Cheese Sandwiches & Veggies & Fresh Fruit Water Pink Fruit Salad & Graham Crackers Water	24 Greek Yogurt Zucchini Muffins & Fresh Fruit Water Veggie & Bean Quesadillas W/Sour Cream & Veggies & Fruit Water/Milk Chocolate Pudding & Fresh Fruit Water	25 Oatmeal & Fresh Fruit Water Stuffed Pepper Casserole & Veggies & Fruit Water/Milk Saltine Crackers & Cheese Slices Water
28 Applesauce & Graham Crackers Water Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk Fresh Veggies & Flavoured Crackers Water	29 Yogurt Parfaits Water Chicken & Avocado Quesadillas W/Sour Cream & Veggies & Fruit Water/Milk Naan Bread & Hummus Water	30 Cereal & Milk Water Tomato Mac Soup & Grilled Cheese & Fresh Fruit Water Ambrosia Salad & Arrowroot Cookies Water	31 Blueberry Yogurt & Oat Muffins & Fresh Fruit Water Turkey & Gravy W/ Buttered Bun & Veggies & Fruit Water/Milk Banana Pudding & Digestive Cookies Water	