Tilbury To	ts E	arly Learning	Centre		June 20	25
Mon		Tue	Wed	Thu	Fri	
Applesauce & Graham Crackers Water	02	Yogurt Parfaits Water	Cereal & Milk Water	05 Blueberry Yogurt & Oat Muffins & Fresh Fruit Water	English Muffins W/Jam & Fresh Fruit Water	06
Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk		Chicken & Avocado Quesadillas W/Sour Cream & Veggies & Fruit Water/Milk	Tomato Mac Soup & Grilled Cheese & Fresh Fruit Water	Turkey & Gravy W/ Buttered Bun & Veggies & Fruit Water/Milk	Sweet & Sour Meatballs Over Rice & Veggies & Fruit Water/Milk	
Fresh Veggies & Flavoured Crackers Water		Naan Bread & Hummus Water	Ambrosia Salad & Arrowroot Cookies Water	Banana Pudding & Digestive Cookies Water	Saltine Crackers & Cheese Slices Water	
Applesauce & Graham Crackers Water	09	Yogurt & Digestive Cookies Water	Cereal & Milk Water	Pineapple Muffins & Fresh Fruit Water	Energy Balls & Fresh Fruit Water	13
Sloppy Joes & Veggies & Fruit Water/Milk Fresh Fruit		Macaroni & Cheese W/Sweet Potato & Veggies & Fruit Water/Milk	Chicken Salad Sandwiches & Fresh Veggies & Fresh Fruit Water	Pepperoni & Veggie Pizza on Naan Bread & Veggies & Fruit Water/Milk	Beef & Lentil Bolognese & Veggies & Fruit Water/Milk	
& Flavoured Crackers Water		Cheese Sandwiches & Fresh Fruit Water	Chocolate Hummus & Graham Crackers Water	Strawberry Banana Icecream & Arrowroot Cookies Water	Saltine Crackers & Cheese Slices Water	
Applesauce & Graham Crackers Water	16	Yogurt Parfaits Water	Cereal & Milk Water	Strawberry Muffins & Fresh Fruit Water	Bagels W/Butter & Fresh Fruit Water	20
Beef Stroganoff & Veggies & Fruit Water/Milk		Ham Fried Rice & Buttered Bun & Fresh Fruit Water/Milk	Egg Salad Sandwiches & Fresh Veggies & Fresh Fruit Water	Chicken & Spinach Pizza on English Muffins & Veggies & Fruit Water/Milk	Goulash & Veggies & Fresh Fruit Water/Milk	
Fresh Veggies & Flavoured Crackers Water		Cream Cheese & Cukes Sandwiches Water	Baked Pears & Arrowroot Cookies Water	Fruit Sorbet & Digestive Cookies Water	Saltine Crackers & Cheese Slices Water	
Applesauce & Graham Crackers Water	23	Yogurt & Digestive Cookies Water	Cereal & Milk Water	Greek Yogurt Zucchini Muffins & Fresh Fruit Water	Oatmeal & Fresh Fruit Water	27
Soft Taco's W/Sour Cream & Veggies & Fruit Water/Milk		Chicken Vegetable Noodle Soup W/Buttered Bun & Fresh Fruit Water/Milk	Ham & Cheese Sandwiches & Veggies & Fresh Fruit Water	Veggie & Bean Quesadillas W/Sour Cream & Veggies & Fruit Water/Milk	Stuffed Pepper Casserole & Veggies & Fruit Water/Milk	
Fresh Fruit & Flavoured Crackers Water		Jam Sandwiches & Fresh Fruit Water	Pink Fruit Salad & Graham Crackers Water	Chocolate Pudding & Fresh Fruit Water	Saltine Crackers & Cheese Slices Water	

Applesauce & Graham Crackers Water

Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk

Fresh Veggies & Flavoured Crackers Water