

# Tilbury Tots Early Learning Centre

January 2026

Mon	Tue	Wed	Thu	Fri
			01	02
05 Mandarin Oranges, Graham Crackers Water  Beef Veg Noodle Soup with buttered bun, fruit Water/Fruit  Flavoured Crackers, Fresh Veggies Water	06 Yogurt & Granola Water  Ham & Diced Sweet Potatoes, Veggies, Fruit Water/Milk  Cheese Sandwiches Water	07 Ceral & Milk Water  Chicken Cacciatore w/ Egg Noodles, Veggies, Fruit Water  Arrowroot Cookies Greek Yogurt Apple Dip, Water	08 Banana Loaf, Fruit Water  Sweet & Sour Pork With Rice Veggies, Fruit Water/Milk  Black Bean Brownies, Fruit Water	09 Raisin Bread, Fruit Water  Shepherds Pie w/ Buttered Bun, Fruit Water/Milk  Cheese & Saltine Crackers, Water
12 Applesauce, Graham Crackers, Water  Spaghetti & Meat Sauce, Veggies, Fruit Water/Milk  Flavoured Crackers, Fruit, Water	13 Yogurt and Granola Water  Bean & Rice Enchillada Casserole Buttered Bread, Fruit Water/Milk  Naan Bread & Hummus, Water	14 Cereal & Milk Water  Chicken Broccoli Alfredo Pasta, Veggies, Fruit Water  Arrowroot Cookies Fruit, Water	15 Blueberry Lemon Muffins, Fruit Water  Pancakes, Sausages w/Blueberry Sauce, Veggies, Fruit Water/Milk  Oatmeal Cookies Fruit, Water	16 Buttereed Toast, Fruit Water  Meatloaf, Mashed Potatoes, Veggies Fruit Water/Milk  Cheese and Saltine Crackers, Water
19 Mandarin Oranges Graham Crackers Water  Beef Stroganoff Veggies, Fruit Water/Milk  Flavoured Crackers, Fresh Veggies Water	20 Yogurt, Granola Water  Potato & Corn Chowder, Buttered Bun, Fruit Water/Milk  Jam Sandwiches Water	21 Cereal & Milk Water  Chicken Quesidillas Sour Cream, Veggies Fruit Water  Arrowroot Cookies, Fruit, Water	22 Carrot Muffins, Fruit Water  Pumpkin Macaroni & Cheese, Veggies, Fruit Water/Milk  Chocolate Zucchini Loaf, Fruit Water	23 Buttered Bagels Fruit Water  Meatballs & Gravy w/Rice, Veggies, Fruit Water/Milk  Cheese & Saltine Crackers, Water
26 Applesauce & Graham Crackers, Water  Philly Cheesesteak Pasta, Veggies, Fruit Water/Milk  Flavoured Crackers Fruit, Water	27 Yogurt & Granola Water  Potato & Mushroom Stew w/Buttered Bun Fruit Water/Milk  Ham Salad Sandwiches Water	28 Cereal & Milk Water  Chilcken Veg Noodle Soup w/Buttered Bun Fruit Water  Goldfish, Fruit Water	29 Apple Oatmeal Muffins, Fruit Water  Seasoned Pork & Fried Rice Veggies & Fruit Water/Milk  Pumpkin Muffins, Fruit Water	30 English Muffins with Butter, Fruit Water  Tomato Mac Soup Grilled Cheese Fruit Water/milk  Cheese and Saltine Crackers, Water