

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 Cereal & 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 Buttered 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 Chicken 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