

Tilbury Tots Early Learning Centre

October 2026

Mon	Tue	Wed	Thu	Fri
			01 Raisin Toast with butter & fruit Water Sloppy Joes on a bun with veg & fruit Water & Milk Pumpkin Chocolate Brownies with a fruit Water	02 Apple Oatmeal Muffins & fruit Chicken Broccoli Alfredo with buttered bun & fruit Water & Milk Cheese & Crackers Water
05 Mandarin Oranges with Arrowroot Cookies Water Spaghetti with Meat Sauce with a fruit Water & Milk Crackers & Fruit Water	06 Yogurt with Granola Water Potato & Corn Chowder with a buttered bun & fruit Water & Milk Mixed Berry Loaf with fruit Water	07 Cereal & Milk with Banana's Water Cheesy Taco Skillet Bake with a fruit Water Pumpkin Energy Bites with fruit Water	08 English Muffin & jam Water Tomato Mac Soup & Grilled Cheese with fruit Water & Milk Crackers & Veggies Water	09 Carrot Spice Loaf Water Ham & Scalloped potatoes served with veg & fruit Water & Milk Pumpkin Cookies Water
12 Applesauce & Rice Cakes with Honey & Cinnamon Water Chicken Stroganoff with mixed veggies & fruit Water & Milk Fruit & Arrowroot Water	13 Yogurt & Graham Crackers Water Italian Wedding Soup served with buttered bun & fruit Water & Milk Blueberry Muffins with a fruit Water	14 Banana Bread & Fruit Water Meatballs with Mashed potatoes, gravy & mixed veggies with fruit Water & Milk Cereal Bars & Fruit Water	15 Bagels with butter Water Shepherd's pie served with a fruit Water & Milk Pumpkin Chocolate Loaf with a fruit Water	16 Orange Oatmeal Muffins Water Pork Fried Rice with mixed veggies & fruit Water & Milk Molasses Cookies Water
19 Applesauce & Graham Crackers Water Meatloaf & Mashed Potatoes with Gravy & Fruit Water & Milk Crackers & Fruit Water	20 Yogurt with Granola Water White Chicken Chili with buttered bun & fruit Water & Milk Pumpkin Pie Dip with cinnamon sugar naan dippers Water	21 Cereal & Milk Water Tuna Noodle Casserole with veggies & fruit Water Banana Muffins with a fruit Water	22 Zucchini Loaf Water Chicken & gravy over rice with veggies & fruit Milk/Water Graham Crackers & Fruit Water	23 Banana Cookies Water Sweet Potato Mac & Cheese with fruit Water/ Milk Cheese Sandwiches Water
26 Applesauce & Graham Crackers Water Cream of Chicken Soup, Pork & Rice bake with mixed veggies & fruit Milk/Water Goldfish & Fruit Water	27 Yogurt & Arrowroot Cookies Water Beef Vegetable Soup (Goulash) & Fruit Water & Milk Bretons & Fruit Water	28 Pumpkin Bread & Fruit Water Chicken Pot Pie Stew & Fruit Water & Milk Cereal Bars & Fruit Water	29 Raisin Toast with butter & fruit Water Sloppy Joes on a bun with veggie & fruit Water & milk Pumpkin Chocolate Brownies with a fruit Water	30 Apple Oatmeal Muffins Water Chicken Broccoli Alfredo with buttered bun & fruit Water & Milk Cheese & Crackers Water