






**WHOLESOME
KIDS
CATERING**

**Our WHOLESOME
Menu Includes:**

-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

THE FAMILY PLACE OAKVILLE

Healthy Choices Spring/Summer 2023

Eat Grow Thrive

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|---|---|---|---|
| WEEK 1 | <p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Peas, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Diced Chicken and Gravy, Mashed Potatoes, Whole Wheat Bread, Green Beans, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p> |
| WEEK 2 | <p>AM Snack Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Vegetarian Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Peas, Fresh Fruit PM Snack</p> |
| WEEK 3 | <p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Teriyaki Turkey Meatballs, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Turkey Lasagna, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p> |
| WEEK 4 | <p>AM Snack Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée BBQ Shredded Turkey, Brown Rice, Peas and Corn, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Crustless Egg and Cheese Quiche, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Lemon Chicken Drumstick, Whole Grain Pasta, Leafy Greens, French Dressing, Fresh Fruit PM Snack</p> | <p>AM Snack Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack</p> |



Menu Launch Date: April 17, 2023

Menu is approved by a Registered Dietitian.

Milk and/or Water are served with lunch and snacks

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

