






**WHOLESONE
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 MILTON

Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Teriyaki Diced Chicken, Brown Rice, Peas, 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 Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef in Gravy, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Fish Lasagna, Peas and Corn, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Butter Chicken, Brown Rice, Broccoli, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Portuguese Diced Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>



-  **Menu Launch Date: October 30, 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.

