



## 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 Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Creamy Tomato Beef and Whole Grain Pasta, Peas and Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mild Cajun Chicken Drumstick, Leafy Greens, French Dressing, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Salsa Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Butter Chicken, Brown Rice, Broccoli, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b>



**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.

