






**WHOLESONE  
KIDS  
CATERING**

**Eat Grow Thrive**

**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 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Scrambled Egg, Cheddar Cheese, Whole Wheat English Muffin, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> White Fish Lasagna, Vegetable Medley, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken, Brown Rice, Leafy Greens, French Dressing, Plum Sauce, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Italian Seasoned Beef with Shells in Tomato Sauce, Green Peas, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Bun, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Tuna Casserole with Whole Grain Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Herb and Panko Crusted Fish Filet, Whole Grain Pasta, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Balsamic Glazed Chicken Drumstick, Brown Rice, Sunshine Vegetables, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Lasagna, Leafy Greens, French Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Egg, Cheese, Broccoli Casserole, Whole Wheat Bread, Peas and Corn, Fresh Fruit <b>PM Snack</b>



Menu is effective April 18, 2022  
 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 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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches

