



**WHOLE SOME
KIDS
CATERING**

**Our WHOLE SOME
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 2019 - 2020

Eat Grow Thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AM Snack Entrée Beef and Root Vegetable Stew, Whole Wheat Baguette, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Creamy Chicken Macaroni and Cheese, Sunshine Mixed Vegetables (Green Beans, Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Orange Ginger White Fish Fillet, Brown Rice, Green Peas, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Fish, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>
<p>AM Snack Entrée Breaded Chicken, Brown Rice, 4 Way Mix Vegetable (Corn, Pea, Carrot, Green Beans), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Classic Macaroni and Cheese, Garbanzo Bean and Red Pepper Salad, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Brussel Sprouts, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Lasagna, Leafy Greens Salad, Italian Dressing, Fresh Fruit PM Snack</p>
<p>AM Snack Entrée 3 Cheese and Bean Whole Grain Pasta Bake, Sunshine Mixed Vegetables, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley (Carrots, Cauliflower, Broccoli), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée All White Meat Chicken Pieces, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Spaghetti Bolognese, Leafy Greens Salad, Balsamic Dressing, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheese, Shredded Lettuce, Green Peas, Fresh Fruit PM Snack</p>
<p>AM Snack Entrée Salsa White Fish Fillet, Brown Rice, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken Meatballs, Whole Wheat Flat Bread Bun, Broccoli, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Black Bean Chili, Whole Wheat Bread, Leafy Greens Salad, Raspberry Dressing, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, 4 Way Mixed Vegetable (Corn, Pea, Carrots, Green Beans), Fresh Fruit PM Snack</p>



Menu In Effect: October 28, 2019
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.

