






**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 OAKVILLE

Spring/Summer 2026

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack No AM Entrée Beef Meatballs in Tomato Sauce, Brown Rice, Sunrise Mix (Carrots and Green Beans), Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Korean BBQ Beef, Brown Rice, Cucumber Slices, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Mini Potato & Cheese Perogies, sour cream, Marinated Chickpea Salad, Vegetable Medley (Green Beans, Green Peas, Carrot, Corn), Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Cheddar Cheese Omelete, Whole Wheat Bread, Green Peas, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Lemon Chicken Drumstick, Veggie Quinoa Blend, Assorted Bell Pepper Sticks, Fresh Fruit PM Snack No PM</p>
WEEK 2	<p>AM Snack No AM Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Egg Patty, Cheddar Cheese Slice, Whole Wheat Bread, Green Peas, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Classic Mac and Cheese, with Grilled Chicken Strips, Leafy Greens (Italian Dressing) Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Beef Burger, Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Beef Bolognese Sauce, Whole Grain Pasta, Assorted Bell Pepper Sticks, Fresh Fruit PM Snack No PM</p>
WEEK 3	<p>AM Snack No AM Entrée Chicken Alfredo Sauce, Pasta, Sunrise Mix (Carrots & Green Beans), Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Vegetarian Egg "Fried" Rice, Broccoli, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Butter Chicken Sauce, Whole Wheat Pasta, Peas & Corn, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Ground Beef and Bean Taco Bowl, Mexican Rice, Shredded Cheese, Assorted Bell Pepper Sticks, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Tomato Bean Primavera Sauce, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack No PM</p>
WEEK 4	<p>AM Snack No AM Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots, Corn), Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Turkey Burger, Bun, Cheddar Cheese Slice, Peas & Corn, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée BBQ Beef Meatballs, Whole Wheat Bread, Sunrise Mix (Carrots & Green Beans) Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Fish Sticks, Brown Rice, Green Peas, Fresh Fruit PM Snack No PM</p>	<p>AM Snack No AM Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack No PM</p>



Menu Launch Date April 13, 2026

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.

