






**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 MILTON

Healthy Choices - Infant/Toddler Spring/Summer 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Alphabet Pasta Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Macaroni and Cheese, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>
WEEK 2	<p>AM Snack Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Tikka Masala Chicken Drumstick, Brown Rice, Carrots and Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit PM Snack</p>
WEEK 3	<p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Chicken and Rice Soup, Dinner Roll, Baby Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Marinated Beef Strips, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Lasagna, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack</p>
WEEK 4	<p>AM Snack Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Classic Mac and Cheese, Garbanzo Bean Salad, Diced Carrots, Fresh Fruit PM Snack</p>	<p>AM Snack Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack</p>



Menu Launch Date: April 17, 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.

