




**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

Healthy Choices Spring/Summer 2022

Eat Grow Thrive

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



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

