





**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 - Infant/Toddler Fall/Winter 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack</b> <b>Entrée</b> Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Crustless Turkey Pot Pie, Mashed Potatoes, Noor Rolls, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit <b>PM Snack</b>
WEEK 2	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Burger, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> BBQ Diced Turkey, Brown Rice, Leafy Greens & Balsamic Dressing, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit <b>PM Snack</b>
WEEK 3	<b>AM Snack</b> <b>Entrée</b> BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas and Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b>
WEEK 4	<b>AM Snack</b> <b>Entrée</b> Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Ground Beef & Potato Stew, Brown Rice, 4 Way Mixed Vegetables, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Turkey Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit <b>PM Snack</b>	<b>AM Snack</b> <b>Entrée</b> Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit <b>PM Snack</b>



**Menu Launch Date October 28, 2024**

**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.





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