






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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Cornflakes/Milk Entrée Beef Burger, Hamburger Bun, Green Beans/Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Raisinbran/Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Pancake, Apple Butter</p>	<p>AM Snack Shreddies/Milk Entrée Tomato Halal Beef Mac & Cheese, Green Peas, Fresh Fruit PM Snack Banana Oatmeal Bar</p>	<p>AM Snack Cheerios/Milk Entrée Diced Apricot Halal Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Cocoa Zucchini Muffin</p>	<p>AM Snack Ricekrispies/Milk Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Cucumber Slices</p>
WEEK 2	<p>AM Snack Cornflakes/Milk Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit</p>	<p>AM Snack Raisinbran/Milk Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack Banana Oatmeal Bar</p>	<p>AM Snack Shreddies/Milk Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Strawberry Yogurt, Social Tea Biscuits</p>	<p>AM Snack Cheerios/Milk Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Fruit and Fibre Muffin</p>	<p>AM Snack Ricekrispies/Milk Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit</p>
WEEK 3	<p>AM Snack Cornflakes/Milk Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt</p>	<p>AM Snack Raisinbran/Milk Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Grain Coconut Date Bites</p>	<p>AM Snack Shreddies/Milk Entrée Diced BBQ Halal Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Cream Cheese</p>	<p>AM Snack Cheerios/Milk Entrée Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce</p>	<p>AM Snack Ricekrispies/Milk Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Cocoa Zucchini Muffin</p>
WEEK 4	<p>AM Snack Cornflakes/Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit</p>	<p>AM Snack Raisinbran/Milk Entrée Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Mini Apple Cinnamon Bagel, Apple Butter</p>	<p>AM Snack Shreddies/Milk Entrée Diced Herbed Halal Chicken, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Peach Yogurt, Whole Grain Granola</p>	<p>AM Snack Cheerios/Milk Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Fruit and Fibre Muffin</p>	<p>AM Snack Ricekrispies/Milk Entrée Meatless (Pea Protein) Bolognese Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Digestive Cookies, Strawberry Yogurt</p>



Menu Launch Date: April 15, 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 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.

