



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	AM Snack Cornflakes/Milk Entrée Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Maple Round, Fresh Fruit	AM Snack Raisinbran/Milk Entrée Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit PM Snack Banana Oat Bar	AM Snack Shreddies/Milk Entrée Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Cranberry Round, Fresh Fruit	AM Snack Cheerios/Milk Entrée Chicken Cacciatore, Whole Grain Pasta, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Cocoa Zucchini Muffin	AM Snack Ricekrispies/Milk Entrée Diced Jerk Chicken, Coconut Rice, Carrots & Turnips, Fresh Fruit PM Snack Multigrain Muesli Morning Round, Apple Butter
WEEK 2	AM Snack Cornflakes/Milk Entrée Breaded Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit PM Snack Whole Wheat Oatmeal Round, Applesauce	AM Snack Raisinbran/Milk Entrée Chicken Noodle Soup, Javaneh Slice, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Pancake, Strawberry Jam	AM Snack Shreddies/Milk Entrée Carvey Chicken with Gravy, Whole Wheat Dinner Bread, Sweet Potato Mash, Fresh Fruit PM Snack Owl Cookies, Vanilla Yogurt	AM Snack Cheerios/Milk Entrée BBQ Diced Chicken, Veggie Quinoa Blend, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Bagel, Cream Cheese	AM Snack Ricekrispies/Milk Entrée Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Peach Yogurt, Social Tea Biscuit
WEEK 3	AM Snack Cornflakes/Milk Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit PM Snack Pretzel Bun, Mozzarella Cheese Slice	AM Snack Raisinbran/Milk Entrée Winter Vegetable and Lentil Soup, Whole Wheat Ciabatta, Peeled Cucumber Slices, Fresh Fruit PM Snack Apple Cinnamon Morning Round	AM Snack Shreddies/Milk Entrée Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit PM Snack Whole Wheat Bagel, Cream Cheese	AM Snack Cheerios/Milk Entrée Butter Chicken, Mini Savoury Naan Bread, Sunrise Mix (Carrots and Green Beans), Fresh Fruit PM Snack Whole Wheat Pita, Hummus	AM Snack Ricekrispies/Milk Entrée Balsamic Diced Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Carrot Muffin
WEEK 4	AM Snack Cornflakes/Milk Entrée Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit PM Snack Strawberry Yogurt, Fresh Fruit	AM Snack Raisinbran/Milk Entrée Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Multigrain Muesli Morning Round, Strawberry Jam	AM Snack Shreddies/Milk Entrée Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit PM Snack Vanilla Yogurt, Whole Grain Granola	AM Snack Cheerios/Milk Entrée Turkey Alphabet Soup, Whole Wheat Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Cocoa Zucchini Muffin	AM Snack Ricekrispies/Milk Entrée Herbed Diced Chicken, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Square Crackers, Cheese Cubes

Menu Launch Date: **October 27, 2025**

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.



