






**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.

WELLINGTON ELC

Healthy Choices Plus Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios, Milk, Fresh Fruit Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Banana Oatmeal Bar Entrée Tomato Halal Beef Mac & Cheese, Green Peas, Fresh Fruit PM Snack Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit Entrée Creamy Tukey and Bean Chili, Cornbread, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Rice Krispies, Milk Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Cucumber Slices, Hummus</p>
WEEK 2	<p>AM Snack Shreddies with Milk, Fresh Fruit Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Banana Oat Bite Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Mini Cocoa Snaps, Fruity Applesauce</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin, Fresh Fruit Entrée Lemon Halal Chicken Drumstick, Whole Wheat Pita Pocket, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Cubes, Guacamole</p>	<p>AM Snack Corn Flakes with Milk Entrée Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit</p>
WEEK 3	<p>AM Snack Multi Grain Cheerios with Milk, Fresh Fruit 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 Whole Grain Coconut Date Bites, Fruity Applesauce Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Cream Cheese Entrée Halal Beef Bolognese Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit</p>	<p>AM Snack Rice Krispies with Milk, Fresh Fruit Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin Entrée Breaded Chicken, Hamburger Bun, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Shreddies with Milk, Fresh Fruit Entrée Turkey Lasagna, Green Beans, Fresh Fruit PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Apple Cinnamon Bagel, Apple Butter Entrée Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds</p>	<p>AM Snack Peach Yogurt with Whole Grain Granola Entrée BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Applesauce</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin, Fresh Fruit Entrée Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p>AM Snack Corn Flakes with Milk Entrée Balsamic Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, 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.