






**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.

HOWARD PARK CHILDREN'S CENTRE

Healthy Balance Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Entrée Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit PM Snack Whole Wheat Digestive Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack 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 Entrée Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Organic Gluten-Free Whole Grain Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheese Curds, Baby Carrots</p>	<p>AM Snack Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheese Cubes, Guacamole</p>	<p>AM Snack Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p>AM Snack 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, Fresh Fruit</p>	<p>AM Snack Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots</p>	<p>AM Snack Entrée BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Entrée Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit PM Snack Banana Oatmeal Bar, Applesauce, Edamame</p>	<p>AM Snack Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Entrée Herbed Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Maple Oat Loaf, Applesauce, Edamame</p>	<p>AM Snack Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Entrée Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</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.

