






**WHOLESOME
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.

HARMONY CHILDCARE CENTRE

Healthy Choices Plus Spring/Summer 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	<p>AM Snack Multigrain Cheerios Cereal, Milk, Pear Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes</p>	<p>AM Snack Apple Cinnamon Pita, Applesauce Entrée Turkey Whole Grain Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Banana Oatmeal Bar, Cantaloupe Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Breded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Berry Applesauce Entrée Beef Taco, Whole Wheat Wrap, Shredded Cheddar Chees Shredded Lettuce, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>	<p>APR 19 MAY 17 JUN 14 JUL 12 AUG 09 SEP 06 OCT 04 NOV 01 NOV 29</p>
<p>APR 26 MAY 24 JUN 21 JUL 19 AUG 16 SEP 13 OCT 11 NOV 08 DEC 06</p>	WEEK 2	<p>AM Snack Cinnamon Raisin Bagel Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple, Cheddar Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Orange Entrée Salsa Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta</p>	<p>AM Snack Organic Whole Wheat Oatmeal Raisin Muffin Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Orange</p>	<p>AM Snack Rice Krispies Cereal, Milk, Pineapple Entrée Turkey Tetrazzini, Peas, Fresh Fruit PM Snack Rice Cake, Banana, Vanilla Yogurt</p>	
WEEK 3	<p>AM Snack Multigrain Cheerios Cereal, Milk Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Orange, Vanilla Yogurt</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Grape Tomatoes</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin, Pear Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Tomato Bean Soup, Whole Wheat Roll, Cucumber Slices, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Mini Bagel, Orange Entrée Breded Fish Sticks, Bro Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon</p>	<p>MAY 03 MAY 31 JUN 28 JUL 26 AUG 23 SEP 20 OCT 18 NOV 15 DEC 13</p>
<p>MAY 10 JUN 07 JUL 05 AUG 02 AUG 30 SEP 27 OCT 25 NOV 22 DEC 20</p>	WEEK 4	<p>AM Snack Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola, Apple Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Orange, Edamame</p>	<p>AM Snack Whole Wheat Maple Cookie Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Cantaloupe, Cheddar Cheese Curds</p>	<p>AM Snack Whole Wheat Mini Bagel, Honeydew Entrée Chicken and Wild Rice Soup, Whole Wheat Bread, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Rice Krispies Cereal, Milk, Banana Entrée Beef and Mushroom Pasta Bake, Peas and Corn, Fresh Fruit PM Snack Pita Pocket, Hardboiled Egg, Apple</p>	



Menu In Effect: April 19, 2021
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 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.

