




**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.

**VICTORIA PARK CHILD CARE CENTRE**

Healthy Choices Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Korean Style Beef and Vegetables, Brown Rice, Fresh Fruit  <b>PM Snack</b> Organic Whole Grain Mini Ginger Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Mixed Berry Granola Minis  <b>Entrée</b> Homemade Three Sisters Soup (Corn, Squash, Beans), Artisan Bread Roll, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Oatmeal Apple Cookie  <b>Entrée</b> Chicken Vegetable Mild Curry, Naan Bread, Green Peas Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> BBQ Chicken Drumstick, Brown Rice, California Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Grain Shreddies Cereal, Milk  <b>Entrée</b> Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Oatmeal Banana Cookie, Baby Carrots</p>	<p><b>AM Snack</b> Whole Wheat Mini Pitas, Apple Butter  <b>Entrée</b> Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Whole Grain Mini Lemon Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Pumpkin Seed Granola  <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pancake, Applesauce</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit  <b>PM Snack</b> Apple Crumble Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Italian Seasoned Beef with Shells in Tomato Sauce, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Bagel, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Blueberry Clusters  <b>Entrée</b> Homemade Tomato Chicken Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Raspberry Loaf, Crunchy Lentils</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin  <b>Entrée</b> Tuna Casserole with Whole Grain Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Pasta Salad With Vegetables</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit  <b>PM Snack</b> Gluten Free Cheese Bites, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt, Whole Grain Pumpkin Seed Granola  <b>Entrée</b> Herb and Panko Crusted Fish Filet, Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>






Menu is effective April 18, 2022  
 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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches



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**VICTORIA PARK CHILD CARE CENTRE**

Healthy Choices - Infant/Toddler Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Korean Style Beef and Vegetables, Brown Rice, Fresh Fruit  <b>PM Snack</b> Social Tea Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Mixed Berry Granola Minis  <b>Entrée</b> Homemade Three Sisters Soup (Corn, Squash, Beans), Artisan Bread Roll, Blanched Baby Carrots, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Organic Oatmeal Apple Cookie  <b>Entrée</b> Chicken Vegetable Mild Curry, Naan Bread, Green Peas Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> Organic Whole Wheat Lemon Blueberry Muffin  <b>Entrée</b> Diced BBQ Chicken, Brown Rice, California Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Turkey Burger, Whole Grain Bun, Cheddar Cheese, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Oatmeal Banana Cookie, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Whole Wheat Mini Pitas, Apple Butter  <b>Entrée</b> Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit  <b>PM Snack</b> Arrowroot Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits  <b>Entrée</b> Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pancake, Applesauce</p>	<p><b>AM Snack</b> Organic Whole Wheat Summer Berry Muffin  <b>Entrée</b> Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit  <b>PM Snack</b> Apple Crumble Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Italian Seasoned Beef with Shells in Tomato Sauce, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Bagel, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> Multigrain Cheerios Cereal, Milk  <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Whole Grain Blueberry Clusters  <b>Entrée</b> Homemade Tomato Chicken Noodle Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p><b>AM Snack</b> Banana Oatmeal Bar  <b>Entrée</b> Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Raspberry Loaf, Garbanzo Beans</p>	<p><b>AM Snack</b> Whole Wheat Shreddies Cereal, Milk  <b>Entrée</b> Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Carrot Muffin  <b>Entrée</b> Tuna Casserole with Whole Grain Pasta, Carrots and Corn, Fresh Fruit  <b>PM Snack</b> Pasta Salad With Vegetables</p>
WEEK 4	<p><b>AM Snack</b> Corn Flakes Cereal, Milk  <b>Entrée</b> Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit  <b>PM Snack</b> Gluten Free Cheese Bites, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt, Social Tea Biscuits  <b>Entrée</b> Herb and Panko Crusted Fish Filet, Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Organic Strawberry Granola Bar, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Apple Butter  <b>Entrée</b> Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit  <b>PM Snack</b> Whole Wheat Mini Pita, Hardboiled Egg</p>	<p><b>AM Snack</b> Organic Whole Wheat Fruit and Fibre Muffin  <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snap Biscuits, Fresh Fruit</p>	<p><b>AM Snack</b> Rice Krispies Cereal, Milk  <b>Entrée</b> Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>



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