






**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.




VICTORIA PARK CHILD CARE CENTRE




Healthy Choices Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Oatmeal Cookie, Applesauce</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Baby Carrots</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola Entrée Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Soda Crackers, Cheese Curds</p>	<p>AM Snack Whole Wheat Cinnamon Scone Entrée Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Whole Wheat Oat Cranberry Cookie Entrée Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Slice</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Butter Chicken, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cinnamon Raisin Bagel, Apple Butter Entrée Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola Entrée Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Minestrone Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée BBQ Baked Beans, Whole Wheat Texas Toast, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Vanilla Yogurt</p>



-  **Menu Launch Date: October 30, 2023**
-  **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.








**WHOLESONE
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.




VICTORIA PARK CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Banana Oatmeal Bar Entrée Turkey and Whole Grain Noodle Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Oatmeal Cookie, Applesauce</p>	<p>AM Snack Organic Whole Wheat Carrot Muffin Entrée Turkey Cacciatore Stew, Whole Wheat Roll, Peas, Fresh Fruit PM Snack Whole Wheat Breadsticks, Hummus</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cranberry Loaf, Blanched Baby Carrots</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk Entrée Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Blanched Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter Entrée Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Social Tea Biscuits Entrée Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Peeled Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée Fish Lasagna, Peas and Corn, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk Entrée Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Soda Crackers, Cheese Curds</p>	<p>AM Snack Whole Wheat Cinnamon Scone Entrée Chicken Noodle Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Whole Wheat Oat Cranberry Cookie Entrée Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Slice</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk Entrée Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit</p>	<p>AM Snack Butter Chicken, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Gluten Free Whole Grain Strawberry Granola Bar, Blanched Baby Carrots</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Mini Cocoa Snaps, Fresh Fruit</p>	<p>AM Snack Whole Wheat Cinnamon Raisin Bagel, Apple Butter Entrée Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits Entrée Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Fresh Fruit</p>	<p>AM Snack Organic Whole Wheat Banana Muffin Entrée Minestrone Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Round Crackers, Grape Tomatoes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk Entrée BBQ Baked Beans, Whole Wheat Texas Toast, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Digestive Biscuits, Vanilla Yogurt</p>



-  **Menu Launch Date: October 30, 2023**
-  **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.

