




**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.

**VEGETARIAN MENU**

Healthy Choices Spring/Summer 2021

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> <b>Entrée</b> Brazilian Fish Stew, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit <b>PM Snack</b> Pita Pocket, Cheddar Cheese Cubes</p>	<p><b>AM Snack</b> <b>Entrée</b> Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Spice Snaps, Clementine</p>	<p><b>AM Snack</b> <b>Entrée</b> Vegetarian (Soy) Burger, Whole Grain Bun, Broccoli, Fresh Fruit <b>PM Snack</b> Whole Wheat Carrot Zucchini Loaf, Orange</p>	<p><b>AM Snack</b> <b>Entrée</b> Bean Mac and Cheese, Carrots and Peas, Fresh Fruit <b>PM Snack</b> Cheddar Cheese Sandwich on Whole Wheat Bread</p>	<p><b>AM Snack</b> <b>Entrée</b> Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit <b>PM Snack</b> Social Tea Biscuits, Pear</p>
WEEK 2	<p><b>AM Snack</b> <b>Entrée</b> Sweet and Sour Tofu and Vegetables, Brown Rice, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Whole Grain Pasta Bolognese (Tomato Bean Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> White Fish Lasagna, Green Beans, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Vegetable Garden Bean with Ancient Grains Soup, Whole Wheat Baguette Slice, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Spice Snaps, Orange</p>	<p><b>AM Snack</b> <b>Entrée</b> Veggie Chick'n (Soy) Pasta, Peas, Fresh Fruit <b>PM Snack</b> Rice Cake, Banana</p>
WEEK 3	<p><b>AM Snack</b> <b>Entrée</b> Bean Chili, Brown Rice, Carrots and Turnips, Fresh Fruit <b>PM Snack</b> Whole Grain Spelt Lemon Mini Snaps, Orange</p>	<p><b>AM Snack</b> <b>Entrée</b> Vegetarian Meatballs in Tomato Sauce, Bun, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Pita Pocket, Hardboiled Egg</p>	<p><b>AM Snack</b> <b>Entrée</b> Bean and Rice Burrito, Whole Wheat Wrap, Shredded Cheese, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit <b>PM Snack</b> Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p><b>AM Snack</b> <b>Entrée</b> Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit <b>PM Snack</b> Multi Grain Breadsticks, Guacamole</p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit <b>PM Snack</b> Social Tea Biscuits, Watermelon</p>
WEEK 4	<p><b>AM Snack</b> <b>Entrée</b> Red Bean Creole, Brown Rice, Peas and Carrots, Fresh Fruit <b>PM Snack</b> Rice Cake, Hummus</p>	<p><b>AM Snack</b> <b>Entrée</b> Sweet Thai Chili Fish Filet, Whole Grain Penne, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p><b>AM Snack</b> <b>Entrée</b> Red Lentil Curry, Naan Bread, Broccoli, Fresh Fruit <b>PM Snack</b> Organic Mixed Berry Granola Minis, Cantaloupe</p>	<p><b>AM Snack</b> <b>Entrée</b> Scrambled Egg, Whole Wheat Wrap, Shredded Cheddar Cheese, Shredded Lettuce, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Spice Snaps, Cucumber Slices</p>	<p><b>AM Snack</b> <b>Entrée</b> Bean Pasta Bake, Peas and Corn, Fresh Fruit <b>PM Snack</b> Pita Pocket, Hardboiled Egg</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.





**WHOLESONE  
KIDS  
CATERING**

**Our WHOLESOME  
Menu Includes:**

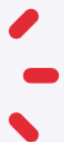
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**VEGETARIAN MENU**

Healthy Choices - Infant/Toddler Spring/Summer 2021

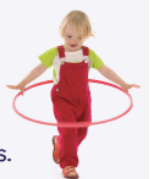
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