




**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.

CARDINAL LEGER CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Fall/Winter 2019 - 2020

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Beef and Root Vegetable Stew, Whole Wheat Baguette, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Marble Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Entrée White Cheddar Cheese Omelet, Whole Wheat Bread, Sunshine Mixed Vegetables (Green Beans, Carrots), Fresh Fruit PM Snack Cinnamon Snaps, Clementine, Edamame Beans</p>	<p>AM Snack Entrée Orange Ginger White Fish Filet, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Kiwi, Vanilla Yogurt</p>	<p>AM Snack Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh fruit PM Snack Whole Wheat Wrap, Hardboiled Egg, Banana</p>	<p>AM Snack Entrée Chicken and Whole Grain Noodle Stew, Green Beans, Fresh Fruit PM Snack Organic Whole Grain Banana Cookie, Blanched Baby Carrots, Hummus</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, 4 Way Mix Vegetable (Corn, Pea, Carrot, Green Beans), Fresh Fruit PM Snack Multi Grain Breadsticks, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Entrée Salisbury Steak with Gravy, Mashed Potato, Whole Wheat Bread, Peas and Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Grape Tomatoes, Marble Cheddar Cheese Cubes</p>	<p>AM Snack Entrée Classic Macaroni and Cheese, Garbanzo Bean and Red Pepper Salad, Green Beans, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Clementine, Hardboiled Egg</p>	<p>AM Snack Entrée Chicken and Corn Chowder, Whole Wheat Focaccia Slice, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Grain Cereal Mix, Banana, Vanilla Yogurt</p>	<p>AM Snack Entrée Turkey Lasagna, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Cheddar Cheese Curds, Pear</p>
WEEK 3	<p>AM Snack Entrée 3 Cheese and Bean Whole Grain Pasta Bake, Sunshine Mixed Vegetables, Fresh Fruit PM Snack Autumn Harvest Crackers, Kiwi, Cheddar Cheese Curds</p>	<p>AM Snack Entrée Beef and Mixed Vegetable Stew, Brown Rice, Fresh Fruit PM Snack Hardboiled Egg, Whole Wheat Pita Pocket, Pear</p>	<p>AM Snack Entrée All White Meat Chicken Pieces, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Spelt Lemon Mini Snaps, Peeled Cucumber, Hummus</p>	<p>AM Snack Entrée Spaghetti Bolognese, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Strawberry Yogurt, Clementine</p>	<p>AM Snack Entrée Egg and Cheddar Cheese Bake, Whole Wheat Wrap, Green Peas, Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes, Blanched Baby Carrots</p>
WEEK 4	<p>AM Snack Entrée Salsa Baked White Fish Filet, Brown Rice, Green Beans, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Entrée Chicken Meatballs, Whole Wheat Flat Bread Bun, Broccoli, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Cheddar Cheese Curds</p>	<p>AM Snack Entrée Mini Cheese Tortellini and White Bean Soup, Whole Wheat Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich, Orange</p>	<p>AM Snack Entrée All White Meat Breaded Chicken, Brown Rice, Corn Niblets, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Vanilla Yogurt, Pear</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, 4 Way Mixed Vegetable (Corn, Pea, Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Hardboiled Egg, Kiwi</p>



Menu In Effect: October 28, 2019




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.



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Healthy Choices Plus Fall/Winter 2019 - 2020

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