




**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 Plus Fall/Winter 2020 - 2021

Eat Grow Thrive




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes, Baby Carrots</p>	<p>AM Snack Entrée Turkey Alphabet Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Grape Tomatoes, Hummus</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Hardboiled Egg, Apple</p>	<p>AM Snack Entrée Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Organic Whole Grain Spelt Ginger Mini Snaps, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Baby Carrots, Pizza Hummus</p>	<p>AM Snack Entrée Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Grape Tomatoes, Garbanzo Beans</p>	<p>AM Snack Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans</p>	<p>AM Snack Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange, Cheddar Cheese Curds</p>	<p>AM Snack Entrée BBQ Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Chicken and Whole Grain Noodle Stew, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Grape Tomatoes, Vanilla Yogurt</p>	<p>AM Snack Entrée Classic Macaroni and Cheese, Corn and Bean Salad, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Pear</p>	<p>AM Snack Entrée Roasted Apple Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Baby Carrots, Hummus</p>	<p>AM Snack Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Marble Cheddar Cheese Cubes</p>	<p>AM Snack Entrée Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cinnamon Snaps, Watermelon, Edamame Beans</p>
WEEK 4	<p>AM Snack Entrée Beef and Broccoli Stir, Brown Rice, Fresh Fruit PM Snack Wheat Crackers, Hummus, Baby Carrots</p>	<p>AM Snack Entrée Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Orange, Edamame Beans</p>	<p>AM Snack Entrée Butter Chicken, Whole Wheat Naan, Broccoli, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cheddar Cheese Curds, Cantaloupe</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Entrée Beef Lasagna, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Hardboiled Egg, Apple</p>

Menu In Effect: November 2, 2020 •
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.



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CARDINAL LEGER CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Fall/Winter 2020 - 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Soda Crackers, Marble Cheddar Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Entrée Turkey Alphabet Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Maple Cookie, Grape Tomatoes, Hummus</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Apple Beet Loaf, Hardboiled Egg, Apple</p>	<p>AM Snack Entrée Lentil and Vegetable Stew (Lentils, Zucchini, Tomato, Peppers, Carrots, Squash, Onion, Celery), Whole Wheat Dinner Roll, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Peeled Cucumber</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Whole Grain Pasta, Corn and Peas, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Blanched Baby Carrots, Pizza Hummus</p>	<p>AM Snack Entrée Mild Beef Curry, Brown Rice, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Grape Tomatoes, Garbanzo Beans</p>	<p>AM Snack Entrée White Fish Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Focaccia Bread, Bruschetta, Edamame Beans</p>	<p>AM Snack Entrée Beef Meatballs in Tomato Sauce, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Zucchini Carrot Loaf, Orange, Cheddar Cheese Curds</p>	<p>AM Snack Entrée Diced BBQ Chicken, Brown Rice, Peas, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Banana, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Chicken and Whole Grain Noodle Stew, Carrots and Turnips, Fresh Fruit PM Snack Social Tea Biscuits, Grape Tomatoes, Vanilla Yogurt</p>	<p>AM Snack Entrée Classic Macaroni and Cheese, Corn and Bean Salad, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Pear</p>	<p>AM Snack Entrée Diced Roasted Apple Chicken, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Oat and Date Loaf, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Entrée Scrambled Egg, Whole Wheat Wrap, Shredded Cheese and Lettuce, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Marble Cheddar Cheese Cubes</p>	<p>AM Snack Entrée Breaded Fish, Whole Grain Bun, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cinnamon Snaps, Watermelon, Edamame Beans</p>
WEEK 4	<p>AM Snack Entrée Beef and Broccoli Stir, Brown Rice, Fresh Fruit PM Snack Wheat Crackers, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Entrée Cheesy Beef and Mushroom Pasta Bake, Green Beans, Fresh Fruit PM Snack Whole Wheat Lemon Chia Cookie, Orange, Edamame Beans</p>	<p>AM Snack Entrée Butter Chicken, Whole Wheat Naan, Broccoli, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Cheddar Cheese Curds, Cantaloupe</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Peeled Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Entrée Beef Lasagna, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Mini Pitas, Hard Boiled Egg, Apple</p>

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