




**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 Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Apricot Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Entrée Chicken and Pepper Pasta, Leafy Greens, Raspberry Vinaigrette Dressing, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Hardboiled Egg, Orange</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Cucumber Slices</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack Wheat Crackers, Hummus, Baby Carrots</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple, Cheddar Cheese Curds</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 Spice Snaps, Orange, Hardboiled Egg</p>	<p>AM Snack Entrée Turkey Tetrizzini, Peas, Fresh Fruit PM Snack Rice Cake, Banana, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Carrots and Turnips, Fresh Fruit PM Snack Whole Grain Spelt Lemon Mini Snaps, Orange, Vanilla Yogurt</p>	<p>AM Snack Entrée Philly Cheesesteak (Beef, Peppers, Cheese) Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Grape Tomatoes</p>	<p>AM Snack Entrée Herbed Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Yellow and Orange Carrots, Green Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Baby Carrots</p>	<p>AM Snack Entrée Spinach Quiche, Whole Wheat Bread, Peas, Fresh Fruit PM Snack Multi Grain Breadsticks, Guacamole, Cheddar Cheese Cubes</p>	<p>AM Snack Entrée Cheesy Broccoli and Chicken Casserole, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Social Tea Biscuits, Watermelon</p>
WEEK 4	<p>AM Snack Entrée Turkey Creole, Brown Rice, Peas and Carrots, Fresh Fruit PM Snack Rice Cake, Hummus, Baby Carrots</p>	<p>AM Snack Entrée Beef Lasagna, Green Beans, Fresh Fruit PM Snack Whole Wheat Oatmeal Banana Cookie, Orange</p>	<p>AM Snack Entrée Sweet and Sour Chicken Meatballs, Brown Rice, Broccoli, Fresh Fruit PM Snack Organic Mixed Berry Granola Minis, Cantaloupe, Cheddar Cheese Curds</p>	<p>AM Snack Entrée Chicken and Wild Rice Soup, Whole Wheat Bread, Leafy Greens, French Dressing, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>	<p>AM Snack Entrée Turkey Pot Pie, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Pita Pocket, Hardboiled Egg, Apple</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.



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CARDINAL LEGER CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Spring/Summer 2021

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Diced Apricot Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Pita Pocket, Cheddar Cheese Cubes, Grape Tomatoes</p>	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Spice Snaps, Clementine</p>	<p>AM Snack Entrée Chicken and Pepper Pasta, Broccoli, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Hardboiled Egg, Orange</p>	<p>AM Snack Entrée Breaded All White Meat Chicken Pieces, Brown Rice, Carrots and Peas, Fresh Fruit PM Snack Cheddar Cheese Sandwich on Whole Wheat Bread, Peeled Cucumber</p>	<p>AM Snack Entrée Fish Sticks, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Social Tea Biscuits, Vanilla Yogurt, Pear</p>
WEEK 2	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Corn and Peas, Fresh Fruit PM Snack Wheat Crackers, Hummus, Blanched Baby Carrots</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Tomato and Beef Sauce), Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit PM Snack Whole Wheat Maple Cookie, Apple, Cheddar Cheese Curds</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 Spice Snaps, Orange, Hardboiled Egg</p>	<p>AM Snack Entrée Turkey Tetrizzini, Peas, Fresh Fruit PM Snack Rice Cake, Banana, Vanilla Yogurt</p>
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