




**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 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Chicken Vegetable Mild Curry, Naan Bread, Green Peas, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Cucumber Slices</p>	<p>AM Snack Entrée Turkey Macaroni and Cheese, California Vegetables, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes, Guacamole</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Entrée White Fish Lasagna, Vegetable Medley, Fresh Fruit PM Snack Oatmeal Banana Cookie, Baby Carrots, Hummus</p>	<p>AM Snack Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Organic Whole Grain Mini Lemon Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit PM Snack Whole Wheat Pancake, Applesauce, Hardboiled Egg</p>	<p>AM Snack Entrée Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit PM Snack Apple Crumble Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Peachy Chicken Drumstick, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley, Fresh Fruit PM Snack Spice Snap Biscuits, Baby Carrots, Hummus</p>	<p>AM Snack Entrée Homemade Tomato Chicken Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Entrée Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Crunchy Lentils</p>	<p>AM Snack Entrée Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Fresh Fruit</p>	<p>AM Snack Entrée Tuna Casserole with Whole Grain Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Pasta Salad with Vegetables, Cheddar Cheese Curds</p>
WEEK 4	<p>AM Snack Entrée Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit PM Snack Gluten Free Cheese Bites, Grape Tomatoes</p>	<p>AM Snack Entrée Homemade Beef Barley Soup, Artisan Bread, Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hardboiled Egg, Cucumber Slices</p>	<p>AM Snack Entrée Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing, Fresh Fruit PM Snack Spice Snap Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Egg, Cheese, Broccoli Casserole, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>






Menu is effective April 18, 2022
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 Fruit will vary depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, honeydew), plums, nectarines, and peaches



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CARDINAL LEGER CHILD CARE CENTRE

Healthy Choices - Infant/Toddler Spring/Summer 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Entrée Breaded Chicken, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Beef Burger, Whole Grain Bun, Blanched Baby Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Chicken Vegetable Mild Curry, Naan Bread, Green Peas Fresh Fruit PM Snack Whole Wheat Pita Pocket, Cheddar Cheese Slice, Peeled Cucumber Slices</p>	<p>AM Snack Entrée Turkey Macaroni and Cheese, California Vegetables, Fresh Fruit PM Snack Whole Wheat Breadsticks, Cheddar Cheese Cubes, Guacamole</p>	<p>AM Snack Entrée Whole Grain Pasta Bolognese (Beef and Tomato Sauce), Green Beans, Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit</p>
WEEK 2	<p>AM Snack Entrée White Fish Lasagna, Vegetable Medley, Fresh Fruit PM Snack Oatmeal Banana Cookie, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Entrée Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans, Fresh Fruit PM Snack Arrowroot Cookies, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables, Fresh Fruit PM Snack Whole Wheat Pancake, Applesauce, Hardboiled Egg</p>	<p>AM Snack Entrée Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots, Fresh Fruit PM Snack Apple Crumble Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Entrée Diced Peachy Chicken, Brown Rice, Green Peas, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Fresh Fruit, Vanilla Yogurt</p>
WEEK 3	<p>AM Snack Entrée Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley, Fresh Fruit PM Snack Spice Snap Biscuits, Blanched Baby Carrots, Hummus</p>	<p>AM Snack Entrée Homemade Tomato Chicken Noodle Soup, Artisan Roll, Blanched Baby Carrots, Fresh Fruit PM Snack Whole Wheat Banana Oat Bite, Fresh Fruit</p>	<p>AM Snack Entrée Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Raspberry Loaf, Garbanzo Beans</p>	<p>AM Snack Entrée Beef Burger, Whole Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hardboiled Egg, Fresh Fruit</p>	<p>AM Snack Entrée Tuna Casserole with Whole Grain Pasta, Carrots and Corn, Fresh Fruit PM Snack Pasta Salad with Vegetables, Cheddar Cheese Curds</p>
WEEK 4	<p>AM Snack Entrée Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots, Fresh Fruit PM Snack Gluten Free Cheese Bites, Grape Tomatoes</p>	<p>AM Snack Entrée Homemade Beef Barley Soup, Artisan Bread, Blanched Baby Carrots, Fresh Fruit PM Snack Organic Strawberry Granola Bar, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Entrée Classic Mac and Cheese, Bean and Corn Salad, Sunshine Vegetables, Fresh Fruit PM Snack Whole Wheat Mini Pita, Hardboiled Egg, Peeled Cucumber Slices</p>	<p>AM Snack Entrée Breaded Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Spice Snap Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Entrée Egg, Cheese, Broccoli Casserole, Whole Wheat Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Fresh Fruit</p>



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