




**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.

**GARDERIE CHEZ TANTE LAURE 2**

Healthy Choices Spring/Summer 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios, Milk, Fresh Fruit  <b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit  <b>PM Snack</b> Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Apple Butter, Fresh Fruit  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce</p>	<p><b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit  <b>Entrée</b> Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Cookie, Fresh Fruit, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Rice Krispies, Milk, Fresh Fruit  <b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Cucumber Slices, Hummus</p>
WEEK 2	<p><b>AM Snack</b> Shreddies with Milk, Fresh Fruit  <b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit  <b>Entrée</b> Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit  <b>PM Snack</b> Whole Wheat Melba Toast, Cheese Curds, Baby Carrots</p>	<p><b>AM Snack</b> Strawberry Yogurt, Whole Grain Granola, Fresh Fruit  <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit  <b>PM Snack</b> Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin, Fresh Fruit  <b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Breadsticks, Cheese Cubes, Guacamole</p>	<p><b>AM Snack</b> Corn Flakes with Milk, Fresh Fruit  <b>Entrée</b> Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing, Fresh Fruit  <b>PM Snack</b> Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p><b>AM Snack</b> Multi Grain Cheerios with Milk, Fresh Fruit  <b>Entrée</b> Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit  <b>PM Snack</b> Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Grain Coconut Date Bites, Fruity Applesauce  <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit  <b>Entrée</b> BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p><b>AM Snack</b> Rice Krispies with Milk, Fresh Fruit  <b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit  <b>PM Snack</b> Banana Oatmeal Bar, Applesauce, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit  <b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Spice Snaps, Cucumber Slices, Strawberry Yogurt</p>
WEEK 4	<p><b>AM Snack</b> Shreddies with Milk, Fresh Fruit  <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit  <b>PM Snack</b> Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Apple Cinnamon Bagel, Apple Butter, Fresh Fruit  <b>Entrée</b> Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit  <b>PM Snack</b> Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt with Whole Grain Granola, Fresh Fruit  <b>Entrée</b> BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit  <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Applesauce, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin, Fresh Fruit  <b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit  <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p><b>AM Snack</b> Corn Flakes with Milk, Fresh Fruit  <b>Entrée</b> Meatless Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit  <b>PM Snack</b> Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</p>






**Menu Launch Date: April 15, 2024**

**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.

**Our WHOLESOME  
Menu Includes:**

-  Simple, wholesome ingredients for growing bodies and minds.
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**GARDERIE CHEZ TANTE LAURE 2**

Healthy Choices - Infant/Toddler Spring/Summer 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> Multigrain Cheerios, Milk, Fresh Fruit</p> <p><b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit</p> <p><b>PM Snack</b> Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Pancake, Apple Butter, Fresh Fruit</p> <p><b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Melba Toast, Cheddar Cheese Slice, Fruity Applesauce</p>	<p><b>AM Snack</b> Banana Oatmeal Bar, Fresh Fruit</p> <p><b>Entrée</b> Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Digestive Cookie, Fresh Fruit, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit</p> <p><b>Entrée</b> Diced Apricot Halal Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Rice Krispies, Milk, Fresh Fruit</p> <p><b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Maple Oat Loaf, Peeled Cucumber Slices, Hummus</p>
WEEK 2	<p><b>AM Snack</b> Shreddies with Milk, Fresh Fruit</p> <p><b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Banana Oat Bite, Fresh Fruit</p> <p><b>Entrée</b> Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Melba Toast, Cheese Curds, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Strawberry Yogurt, Social Tea Biscuits, Fresh Fruit</p> <p><b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit</p> <p><b>PM Snack</b> Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin, Fresh Fruit</p> <p><b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes, Guacamole</p>	<p><b>AM Snack</b> Corn Flakes with Milk, Fresh Fruit</p> <p><b>Entrée</b> Italian Ground Turkey with Pasta, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p><b>AM Snack</b> Multi Grain Cheerios with Milk, Fresh Fruit</p> <p><b>Entrée</b> Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit</p> <p><b>PM Snack</b> Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p><b>AM Snack</b> Whole Grain Coconut Date Bites, Fruity Applesauce</p> <p><b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice, Blanched Baby Carrots</p>	<p><b>AM Snack</b> Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit</p> <p><b>Entrée</b> Diced BBQ Halal Chicken, Brown Rice, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p><b>AM Snack</b> Rice Krispies with Milk, Fresh Fruit</p> <p><b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit</p> <p><b>PM Snack</b> Banana Oatmeal Bar, Applesauce, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit</p> <p><b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Spice Snaps, Peeled Cucumber, Strawberry Yogurt</p>
WEEK 4	<p><b>AM Snack</b> Shreddies with Milk, Fresh Fruit</p> <p><b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit</p> <p><b>PM Snack</b> Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p><b>AM Snack</b> Whole Wheat Apple Cinnamon Bagel, Apple Butter, Fresh Fruit</p> <p><b>Entrée</b> Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p><b>AM Snack</b> Peach Yogurt with Social Tea Biscuits, Fresh Fruit</p> <p><b>Entrée</b> BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Maple Oat Loaf, Applesauce, Edamame</p>	<p><b>AM Snack</b> Whole Wheat Fruit and Fibre Muffin, Fresh Fruit</p> <p><b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p><b>AM Snack</b> Corn Flakes with Milk, Fresh Fruit</p> <p><b>Entrée</b> Meatless Bolognese Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit</p> <p><b>PM Snack</b> Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</p>



**Menu Launch Date: April 15, 2024**

**Menu is approved by a Registered Dietitian.**




**Milk and/or Water are served with lunch and snacks**

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- 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.



**WHOLESONE  
KIDS  
CATERING**

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**GARDERIE CHEZ TANTE LAURE 2**

Healthy Choices - Lunches Only Spring/Summer 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b></p>
WEEK 2	<p><b>AM Snack</b> <b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing, Fresh Fruit <b>PM Snack</b></p>
WEEK 3	<p><b>AM Snack</b> <b>Entrée</b> Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit <b>PM Snack</b></p>
WEEK 4	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b></p>	<p><b>AM Snack</b> <b>Entrée</b> Meatless Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit <b>PM Snack</b></p>



**Menu Launch Date: April 15, 2024**

**Menu is approved by a Registered Dietitian.**

**Milk and/or Water are served with lunch and snacks**

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- 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.



# YUMMY

## SPRING/SUMMER MENU 2024

Weeks of: May 13<sup>th</sup>, June 10<sup>th</sup>, July 8<sup>th</sup>, August 6<sup>th</sup>, September 3<sup>rd</sup> & 30<sup>th</sup>, October 28<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Southwestern Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Vegan Brioche Bread Dragon Fruit & Berry Spread	Extra Lean Beef Sloppy Joe Whole Wheat Bun Vegetable Medley (*broccoli, *carrots, cauliflower) Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
<b>WEDNESDAY</b>	Whole Grain Apple Cereal Mix Fresh Fruit Milk	Baked Fish Wedge Barley Vegetable Risotto (barley, corn, mushrooms, onions, *peas) Fresh Fruit	Whole Grain Mixed Berry Loaf Apple & Papaya 100% Fruit Puree
<b>THURSDAY</b>	Whole Grain Lemon Scones Apple, Berry, Cherry 100% Fruit Puree	Cheese & Spinach Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce *Green Salad Fresh Fruit	Yogurt Multigrain Trail Mix
<b>FRIDAY</b>	Strawberry & Raspberry Oat Bar	Vegetable Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, *sweet potatoes) Brown Rice Fresh Fruit	Fresh Vegetables Spinach & Feta Swirls

**Milk and/or Water are served with lunch and snacks**

- \* Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

# YUMMY

## SPRING/SUMMER MENU 2024

Weeks of: May 21<sup>st</sup>, June 17<sup>th</sup>, July 15<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, October 7<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Sizzling Egg & Veggie Chow Mein Stirfry (*bell peppers, cabbage, *carrots, cauliflower, chow mein noodles, *edamame, egg, onions) Fresh Fruit	Tangy Twist Hummus Whole Wheat Naan
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Rustic Summer Turkey Chili (black beans, *carrots, corn, *green/red peppers, onions, *squash, turkey) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Whole Grain Spinach & Garlic Crackers
<b>WEDNESDAY</b>	Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread	Chicken Meatballs with Tomato Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Vegan Oatmeal Banana Cookie Dragon Fruit & Apple 100% Fruit Puree
<b>THURSDAY</b>	Yogurt Fresh Fruit	Baked Fish Cakes Whole Wheat Pita *Broccoli & Cauliflower Fresh Fruit	Potato & Scallion Roll Fresh Carrots
<b>FRIDAY</b>	Dill-ish Egg Salad Cracked Wheat Crackers	Beany Vegetable Italiano (black eye peas, *carrots, celery, chickpeas, mushrooms, onions, red kidney beans, red peppers, romano beans, *spinach, *zucchini) Brown Rice Fresh Fruit	Apple Oat Bun Fresh Fruit

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## SPRING/SUMMER MENU 2024

Weeks of: May 27<sup>th</sup>, June 24<sup>th</sup>, July 22<sup>nd</sup>, August 19<sup>th</sup>, September 16<sup>th</sup>, October 15<sup>th</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Extra Lean Beef Bolognese Vegetable Couscous (*carrots, corn, couscous, *leeks, *peas) Fresh Fruit	Garden Salsa Multigrain Pita Crisps
<b>TUESDAY</b>	Vegan Brioche Bread Strawberry Spread	Egg Patty Whole Wheat Bun PEI Mixed Vegetables (*carrots, *green/yellow beans) Fresh Fruit	Fresh Fruit Whole Grain Vegetable Crackers
<b>WEDNESDAY</b>	Whole Grain Apple Cereal Mix Fresh Fruit Milk	Tri Colour Cheese Tortellini with Rose Bean Sauce *Spring Mix Salad Fresh Fruit	Whole Grain Zucchini Loaf Blueberry Apple 100% Fruit Puree
<b>THURSDAY</b>	Whole Grain Cranberry Scones Apple & Raspberry Crumble 100% Fruit Puree	Zesty Lemon Chicken Medley (*broccoli, chicken, eggplant, onion, red peppers, yellow peppers, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
<b>FRIDAY</b>	Lemon Coconut Oat Bar	Veggie Taco Whole Wheat Tortilla *Green Salad w/ Purple Cabbage Fresh Fruit	Fresh Vegetables Mini Pizza Swirls

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- Menu approved by a Registered Dietitian
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# YUMMY

## SPRING/SUMMER MENU 2024

Weeks of: June 3<sup>rd</sup>, July 2<sup>nd</sup> & 29<sup>th</sup>, August 26<sup>th</sup>, September 23<sup>rd</sup>, October 21<sup>st</sup>

### Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Brazilian Chicken & Okra Veg Stew (*broccoli, *carrots, chicken, corn, *kale, *okra, onions, *romano green beans) Brown Rice Fresh Fruit	Yummy Tomato Bruschetta Garlic Naan
<b>TUESDAY</b>	Waffles Chunky Tropical 100% Fruit Puree	Spinach & Broccoli Pesto Pasta Mediterranean Salad (black beans, chickpeas, corn, cucumber, green/red peppers, spinach, tomatoes, quinoa) Fresh Fruit	Fresh Fruit Spice Snaps
<b>WEDNESDAY</b>	Whole Wheat English Muffin Yummy Raspberry Pear Bean Spread	Chicken Meatballs with Gravy Whole Wheat Home-Style Bun *Peas and *Carrots Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
<b>THURSDAY</b>	Yogurt Fresh Fruit	Mango Tango Tuna & Veggie Pasta (*carrots, cauliflower, *green beans, *mango, onion, parsley, pasta, tuna, yellow beans) Fresh Fruit	Potato & Scallion Roll Fresh Carrots
<b>FRIDAY</b>	Hard Boiled Egg Everything Morning Toast Crackers	<b>FUN FRIDAY</b> (Please see posting for the special menu)	Blueberry Oat Bun Fresh Fruit

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