






**WHOLESONE
KIDS
CATERING**

**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 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack Coconut Chia Snaps, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Applesauce Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Peas, Fresh Fruit PM Snack Whole Wheat Bread Sticks, Cheese Curds, Guacamole</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Turkey Macaroni and Cheese, Leafy Greens, Balsamic Dressing, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hummus, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce, Cheddar Cheese Cubes</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack Oatmeal Banana Cookie, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit Entrée Tikka Masala Chicken Drumstick, Brown Rice, Carrots and Turnips, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Whole Grain Granola, Fresh Fruit Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Cucumber Slices, Hard Boiled Egg</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit, Whole Wheat Mini Bagel</p>
WEEK 3	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Chicken Alfredo Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Banana Oat Bite, Fresh Fruit Entrée Chicken and Rice Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit PM Snack Cinnamon Scone, Fresh Fruit, Edamame</p>	<p>AM Snack Oatmeal Cookie, Applesauce Entrée Teriyaki Turkey Meatballs, Brown Rice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Mini Pita, Cheddar Cheese Slice, Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit Entrée Open Faced Sandwich: Beef Burger in Gravy, Whole Wheat Texas Toast, Green Beans, Fresh Fruit PM Snack Organic Gluten Free Mixed Berry Granola Minis, Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée BBQ Chicken Drumstick, Brown Rice, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Wrap, Hard Boiled Egg, Fresh Fruit</p>
WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit PM Snack Oatmeal Cranberry Cookie, Grape Tomatoes, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Whole Grain Granola, Fresh Fruit Entrée BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter, Fresh Fruit Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Mini Pitas, Vanilla Yogurt, Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit Entrée Lemon Chicken Drumstick, Whole Grain Pasta, Leafy Greens, French Dressing, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Grain Digestive Biscuits, Fresh Fruit, Edamame</p>



Menu Launch Date: April 17, 2023




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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GARDERIE CHEZ TANTE LAURE 2

Healthy Choices - Infant/Toddler Spring/Summer 2023

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Rice Krispies Cereal, Milk, Fresh Fruit Entrée Breaded Chicken Pieces, Brown Rice, Diced Carrots, Plum Sauce, Fresh Fruit PM Snack Digestive Biscuits, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Mini Bagel, Apple Butter, Applesauce Entrée Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Peas, Fresh Fruit PM Snack Wheat Crackers, Cheese Curds, Guacamole</p>	<p>AM Snack Banana Oatmeal Bar, Fresh Fruit Entrée Beef Burger, Wheat Bun, Green Beans, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Edamame</p>	<p>AM Snack Organic Whole Wheat Summer Berry Muffin, Fresh Fruit Entrée Turkey Macaroni and Cheese, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Pita Pocket, Hummus, Peeled Cucumber Slices</p>	<p>AM Snack Multi Grain Cheerios Cereal, Milk, Fresh Fruit Entrée Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Banana Loaf, Applesauce, Cheddar Cheese Cubes</p>
WEEK 2	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans, Fresh Fruit PM Snack Oatmeal Banana Cookie, Blanched Baby Carrots, Vanilla Yogurt</p>	<p>AM Snack Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit Entrée Diced Tikka Masala Chicken, Brown Rice, Carrots and Turnips, Fresh Fruit PM Snack Organic Whole Grain Mini Ginger Snaps, Fresh Fruit, Cheese Curds</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits, Fresh Fruit Entrée Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Cucumber Slices, Hard Boiled Egg</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit Entrée Breaded Chicken, Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Italian Beef with Shell Pasta, Peas, Fresh Fruit PM Snack Vanilla Yogurt, Fresh Fruit, Whole Wheat Mini Bagel</p>
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WEEK 4	<p>AM Snack Corn Flakes Cereal, Milk, Fresh Fruit Entrée Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips, Fresh Fruit PM Snack Oatmeal Cranberry Cookie, Grape Tomatoes, Cheese Curds</p>	<p>AM Snack Peach Yogurt, Arrowroot Biscuits, Fresh Fruit Entrée BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit PM Snack Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter, Fresh Fruit Entrée Turkey Bolognese with Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit PM Snack Whole Wheat Mini Pitas, Vanilla Yogurt, Peeled Cucumber Slices</p>	<p>AM Snack Organic Whole Wheat Lemon Blueberry Muffin, Fresh Fruit Entrée Lemon Chicken Drumstick, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Spice Snaps, Fresh Fruit, Cheddar Cheese Cubes</p>	<p>AM Snack Whole Wheat Shreddies Cereal, Milk, Fresh Fruit Entrée Beef Burger, Wheat Bun, Broccoli, Fresh Fruit PM Snack Whole Grain Digestive Biscuits, Fresh Fruit, Edamame</p>



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Milk and/or Water are served with lunch and snacks

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YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Green & Yellow Beans Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Peas Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, celery, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Steamed Vegetables Onion Bun

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 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onions, lentils) *Diced Carrots Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Peas & Corn Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Steamed Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Chicken Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

Milk and/or Water are served with lunch and snacks

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YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 23rd, June 19th, July 17th, Aug. 14th, Sept. 11th, Oct. 10th,

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Green Peas Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green & Yellow Beans Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Steamed Vegetables Onion Bun

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SPRING/SUMMER MENU 2023

Weeks of: May 29th, June 26th, July 24th, Aug. 21st, Sept. 18th, Oct. 16th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Sandwich Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Green Peas Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Brown Rice Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green & Yellow Beans Fresh Fruit	Whole Grain Cheese Bites *Steamed Carrots
FRIDAY	Yogurt Fresh Fruit	FUN FRIDAY! (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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SPRING/SUMMER MENU 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onion, lentils) *Spring Mix Salad Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Chicken Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Sandwich Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green Salad Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
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