



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



**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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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 - Infant/Toddler Spring/Summer 2023

Eat Grow Thrive

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



**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.
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**WEEK****1****SPRING/SUMMER MENU 2023**Weeks of: May 8<sup>th</sup>, June 5<sup>th</sup>, July 4<sup>th</sup> & 31<sup>st</sup>, Aug. 28<sup>th</sup>, Sept. 25<sup>th</sup>, Oct. 23<sup>rd</sup>**Preschool – School Age Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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

**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



**WEEK****2**

# YUMMY

## SPRING/SUMMER MENU 2023

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

### Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
<b>THURSDAY</b>	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
<b>FRIDAY</b>	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**

- \* 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



**WEEK****3**

## SPRING/SUMMER MENU 2023

Weeks of: May 23<sup>rd</sup>, June 19<sup>th</sup>, July 17<sup>th</sup>, Aug. 14<sup>th</sup>, Sept. 11<sup>th</sup>, Oct. 10<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	Garlic Breadstick Chunky Chickpea Salad
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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

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



**WEEK****4****SPRING/SUMMER MENU 2023**Weeks of: May 29<sup>th</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, Aug. 21<sup>st</sup>, Sept. 18<sup>th</sup>, Oct. 16<sup>th</sup>**Preschool – School Age Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	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
<b>FRIDAY</b>	Yogurt Fresh Fruit	<b>FUN FRIDAY!</b> (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

**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



**WEEK****1****SPRING/SUMMER MENU 2023**Weeks of: May 8<sup>th</sup>, June 5<sup>th</sup>, July 4<sup>th</sup> & 31<sup>st</sup>, Aug. 28<sup>th</sup>, Sept. 25<sup>th</sup>, Oct. 23<sup>rd</sup>**Toddler Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Green & Yellow Beans Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Peas Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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**

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**WEEK****2****SPRING/SUMMER MENU 2023**Weeks of: May 15<sup>th</sup>, June 12<sup>th</sup>, July 10<sup>th</sup>, Aug. 8<sup>th</sup>, Sept. 5<sup>th</sup>, Oct. 2<sup>nd</sup> & 30<sup>th</sup>**Toddler Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Peas & Corn Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
<b>THURSDAY</b>	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
<b>FRIDAY</b>	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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**WEEK****3****SPRING/SUMMER MENU 2023**Weeks of: May 23<sup>rd</sup>, June 19<sup>th</sup>, July 17<sup>th</sup>, Aug. 14<sup>th</sup>, Sept. 11<sup>th</sup>, Oct. 10<sup>th</sup>,**Toddler Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	Whole Grain Cereal Milk	Chicken Mac & Cheese *Green Peas Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green & Yellow Beans Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
<b>FRIDAY</b>	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

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

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- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



**WEEK****4****SPRING/SUMMER MENU 2023**Weeks of: May 29<sup>th</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, Aug. 21<sup>st</sup>, Sept. 18<sup>th</sup>, Oct. 16<sup>th</sup>**Toddler Menu**

DAY	A.M. SNACK	LUNCH	P.M. SNACK
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	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
<b>FRIDAY</b>	Yogurt Fresh Fruit	<b>FUN FRIDAY!</b> (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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

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