



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.

Wholesome Kids Catering, formerly Food for Tots, is thrilled to offer our most wholesome menu yet! This Spring/Summer, we have created brand new meals and snacks that are packed with wholesome ingredients. Our menus are designed to give kids the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn. Check out some of our amazing menu highlights below!

AM SNACK

Whole Grain Pumpkin Seed Granola

Pumpkin seeds are rich in healthy fats, antioxidants, and fiber. This energy boosting combo will help kids start their day off right!

Banana Oatmeal Bites

As a whole grain, oats contain more nutrients than refined grains. Combining these oats with potassium-rich bananas makes this a nutritious morning snack!

Summer Berry Muffin

Let's celebrate the warm air with this fresh and fruity muffin. This snack is made with whole grains and 3 types of berries, which means it's got fiber to keep kids feeling full and satisfied!

MEAT ENTRÉE

Chicken & Tofu Casserole

We combined two delicious protein sources in this energy-rich lunch. We serve it with chef-made coconut rice, green beans and yellow and orange carrots.

Peach BBQ Chicken

Our unique BBQ sauce is made using local Ontario peaches! This drumstick is served with brown rice and a colourful blend of peas, carrots, green beans, and corn.

Cuban Picadillo (*pik-uh-dil-oh*)

A traditional Spanish dish of ground beef, onions, tomatoes, raisins, olives, and spices. We serve ours with whole wheat pitas and mixed vegetables.

VEGETARIAN ENTRÉE

Coconut Kale & Chickpea Stew

This flavour bomb stew is full of iron-rich kale, protein-packed chickpeas, and juicy tomatoes. This lunch is coloured bright with beautiful turmeric and is sure to satisfy all the senses!

Korean Bulgogi (*bull-go-ghee*)

A Korean-inspired dish of sliced, marinated protein (tofu) that is cooked with mushrooms, broccoli and peppers. Our Bulgogi is served with whole grain pasta and peas and corn.

Red Lentil Curry

This is our saucy and protein-rich, plant-based curry packed with red lentils. Perfectly served over brown rice and paired with a side of crunchy green beans.

FISH ENTRÉE

Panko Crusted Lemon Pepper Fish

We bake a sustainably caught Pollock filet, marinated with lemon, herbs, and spices. We serve this dish with a leafy green salad and artisan roll.

White Fish Macaroni & Cheese

Kids love our macaroni and cheese and, on this menu, we have added omega-rich white fish to keep them fueled all afternoon!

Wild Alaskan Pollock Burger

Our fish burger is lightly breaded using whole wheat flour and is MSC-certified to be sustainably caught. We serve it on a whole grain bun with corn and peas!

PM SNACK

Whole Grain Harvest Seed Crackers

These crackers are extra crunchy and the seeds provide a source of healthy fat and some protein to help tide the kids over until dinner!

Hardboiled Egg, Whole Wheat Tomato Basil Wrap

Made with sun-dried tomatoes, we have added a little natural colour and a boost of flavour to our snack wrap!

Whole Wheat Banana Pineapple Loaf

Nothing says warm weather like the taste of pineapple. This loaf, locally made with wholesome ingredients, is a perfect snack for busy bodies.

Spring/Summer 2019

Our menu includes:



Whole grains, whole wheat and ancient grains



Sustainable and wild-caught seafood



A good variety of plant-based proteins



Locally sourced meats, dairy, produce and grain products



Globally inspired flavours and international dishes



Snacks that are low in sodium and sugar






Fresh fruit sourced seasonally when available

Eat Grow Thrive





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-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

We have developed our most wholesome menu yet!

We continue to focus on simple and nutritious ingredients for growing bodies and minds. The foods the kids eat during the day will provide them with balanced nutrition to develop, play, learn, and thrive!



Recipes using more whole ingredients



Unique sauces and sides from scratch



Local and seasonal produce when available



Recipes to ensure that sodium and sugar content of the foods we serve is appropriate for healthy children

The New Canada's Food Guide and ODPH Practical Guide have been introduced.

Wholesome Kids Catering is committed to following their guidelines. Some examples of what we are doing include:

- Serving plenty of vegetables and fruits
- Including whole grain foods more often than refined grains
- Serving a variety of proteins, including more plant-based proteins
- Managing levels of sodium, sugar, and saturated fats in our food



Our menu is developed with kids in mind.

We understand that what goes into kids' food is critical, but only if it is enjoyed and gets eaten. We pack our menu full of the best ingredients and exposing children to exciting flavours, aromas, colours, and textures is always a top priority.



We love to make food fun by offering plenty of variety in shape, colour, and texture.



We serve our meals and snacks family style. This supports positive eating behaviours and encourages kids to try new foods together, without the pressure!



Our menu follows a four-week cycle and is repeated 6 times. We know that food exposure is a process; children may not eat something new the first or second time, so we give them plenty of opportunities!

Eat Grow Thrive