



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 is thrilled to offer our most wholesome menu yet! This Fall/Winter 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

Organic Whole Wheat Lemon Coconut Muffin

The days may be shorter but we can still bring some sunlight in with these delicious muffins bursting with summer flavour.

Whole Grain Pumpkin Harvest Seed Granola

Pumpkin, the king of all Fall flavours! A variety of whole grains and seeds combine to make a delicious and crunchy granola, perfect for eating on its own or with vanilla yogurt (served on the side).

Organic Whole Wheat Strawberry Beet Muffin

Strawberries and beets, they belong together! The strawberries soften the strong "earthiness" of the beets and lend a lovely natural sweetness to these fluffy muffins.

MEAT ENTRÉE

Coconut Curried Turkey

Locally sourced, ground turkey mixed with potatoes and diced tomatoes makes a delicious lunch on cool fall days. The coconut and curry flavour is mild, perfect for kids palattes.

Mild Beef Curry and Rice

This mild curry lunch is packed with vegetables including celery, onion, carrots, peas and potatoes. Served on a bed of brown rice with mixed carrots and green beans.

Butter Chicken

Butter Chicken is one of the most popular curries and can be done in various ways. Ours is made with chicken and potato, mixed into an incredible creamy tomato & mild curry sauce.

VEGETARIAN ENTRÉE

Winter Vegetable and Lentil Stew

This hearty stew is packed with winter vegetables like zucchini and squash and the lentils make it rich in fibre. It will warm up their bellies and help the kids thrive throughout their busy day.

Vegan Breakfast Burrito

We take our fluffy tofu scramble, potato, red peppers, and onions and roll it up in a whole wheat tortilla. Served with corn and peas on the side.

Bean and Rice Wrap

Black beans are prized for their high protein and fiber content. They also contain several key vitamins and minerals such as iron and calcium. This meal is full of nutrition and flavour the kids will love.

FISH ENTRÉE

Sweet Chili Thai Fish Fillet

We take a sustainable white Pollock fish fillet and coat in our house-made sweet chili Thai sauce. It's mild with the perfect amount of sweetness that the kids love!

Teriyaki Fish Fillet

Fish is rich in healthy fats that play an important role in brain development. This meal is made with sustainably caught white Pollock fish and coated in teriyaki sauce. Delicious!

White Fish Lasagna

Our classic lasagna recipe is a kids favourite and this season we have added chopped white Basa fillet to the mix. This meal will get gobbled up and give kids a chance to explore a new fish recipe.

PM SNACK

Whole Wheat Focaccia Bread and Bruschetta

Soft, whole wheat focaccia bread, served with fresh tomato bruschetta. Kids will love scooping or spooning the tomato mix onto the bread.

Whole Wheat Zucchini Carrot Loaf

This vegan loaf is made with Ontario grown zucchinis and carrots and has a natural sweetness the kids just love.

Multi Grain Breadsticks and Guacamole

Do you dip or dunk? This fun afternoon snack is great for kids who are weary of the green dip and even better for those who already love avocados.

Fall/Winter 2020/21

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, whole fruit served daily

**Eat
Grow
Thrive**



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-  Food kids love to eat.



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 continue to provide new food experiences with exciting flavours, aromas, colours, and textures.

- We serve our meals and snacks family style. This supports positive eating behaviours and encourages kids to try new foods together, without the pressure!
- We make food fun by offering plenty of variety in shape, colour, and texture.
- Our menu follows a 4 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.

We have developed our most wholesome menu yet!

We continue to focus on simple and nutritious ingredients for growing bodies and minds. The foods kids eat during the day 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

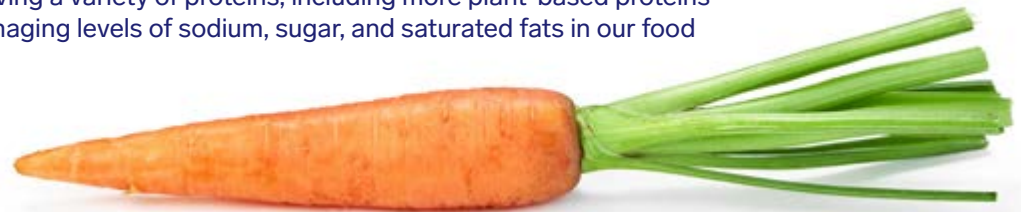


Ensuring sodium and sugar content of the foods we serve is appropriate for healthy children

Canada's Food Guide and ODPH Practical Guide have been implemented

Wholesome Kids Catering is committed to following Canada's Food Guide and ODPH Practical guidelines. Some examples of what we are doing include:

- Serving an abundance 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



We make Food Safety our top priority!

- We are the only Kids Caterer in Ontario to be HACCP Certified (Hazard Analysis Critical Control Points)
- We accommodate over 100 different food allergies and food restrictions every day
- Our facility is 100% nut free, pork free and shellfish free
- Allergy and dietary replacements are cooked separately by a Nutritionist

**Eat
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