




Our WHOLESOME Commitment

-  Simple, wholesome ingredients for growing bodies and minds.
-  Developing menus using provincial and national nutritional guidelines.
-  Food kids love to eat.

Packed Lunch Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
	A	B	A	B	A	B	A	B	A	B
WEEK 1	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Hardboiled Egg, Cheese, Whole Wheat Mini Pita, Melon Cup, Grape Tomatoes and Organic Granola Minis	Carvery Roast Beef on Whole Wheat Bread served with Lettuce, Melon Cup, Grape Tomatoes and Organic Granola Minis	Cold Beef Meatballs (5), Tomato Sauce, Whole Wheat Sub Bun, Pear, Carrots and Organic Lemon Snaps	Chicken Salad on a Whole Wheat Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Roast Beef on Whole Wheat Ciabatta served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 2	Chicken Salad on Whole Wheat Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Cheese on Whole Wheat Bread served with Lettuce, Pear, Carrots, Organic Lemon Snaps	Cold BBQ Chicken Drumstick, Whole Wheat Dinner Roll, Apple, Carrots and Spice Snaps	Roast Beef on Whole Wheat Ciabatta served with Cheese, Lettuce, Apple, Carrots, Spice Snaps	Cheddar Cheese on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Cinnamon Cookie	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Cinnamon Cookie	Cold Chicken Nuggets (5), Whole Wheat Wrap, Plum Sauce, Pear, Carrots and Organic Lemon Snaps	Carvery Roast Beef on Whole Wheat Bread served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie
WEEK 3	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Hardboiled Egg, Cheese, Whole Wheat Mini Pita, Melon Cup, Grape Tomatoes and Organic Granola Minis	Carvery Roast Beef on WW Bread served with Lettuce, Melon Cup, Grape Tomatoes and Organic Granola Minis	Cold Beef Meatballs (5), Tomato Sauce, Whole Wheat Sub Bun, Pear, Carrots and Organic Lemon Snaps	Chicken Salad on Whole Wheat Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Roast Beef on Whole Wheat Ciabatta served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 4	Chicken Salad on Whole Wheat Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Cheese on Whole Wheat Bread served with Lettuce, Pear, Carrots, Organic Lemon Snaps	Cold BBQ Chicken Drumstick, Whole Wheat Dinner Roll, Apple, Carrots and Spice Snaps	Roast Beef on Whole Wheat Ciabatta served with Cheese, Lettuce, Apple, Carrots, Spice Snaps	Cheddar Cheese on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Cinnamon Cookie	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Cinnamon Cookie	Cold Chicken Nuggets (5), Whole Wheat Wrap, Plum Sauce, Pear, Carrots and Organic Lemon Snaps	Carvery Roast Beef on Whole Wheat Bread served with Cheese, Lettuce, Pear, Carrots and Organic Lemon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Grape Tomatoes and Cinnamon Cookie



Menu is effective **Nov. 16 2020**

Menu is approved by a Registered Dietitian.

Milk and/or Water are served with lunch and snacks



- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Allergy and lifestyle substitutions are available based on information provided to us. Daily Packing Slip will indicate specific replacements by child name.



Eat Grow Thrive