



## 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 Blueberry Muffin

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

#### Organic Apple Granola Minis

Think apple pie, but shrunk down to bite size. Packed with chunks of sweet apple, spiced cinnamon, and rolled oats - this is the perfect bite sized snack this fall!

#### Blueberry Clusters

These clusters are filled with rich anti-oxidants, just what your body needs this fall season (and they taste delicious)!

### MEAT ENTRÉE

#### Cuban Chicken Drumstick and Brown Rice

Chicken drumstick, seasoned with fresh spices and vegetables, is served with brown rice for a fueling lunch. The cuban spices are mild, perfect for kids palattes.

#### Salisbury Steak and Mashed Potatoes

A fan favourite amongst little ones, this lunch serves a classic salisbury steak with our flavourful mashed potatoes and an assortment of fresh veggies.

#### Mild Jerk Chicken Drumstick

A delicious chicken drumstick seasoned with our mild jerk spices, perfect to help expand kids palattes. Served on a bed of brown rice and a side of our delicious sunshine vegetables.

### VEGETARIAN ENTRÉE

#### Ethiopian Sweet Potato and Chickpea Stew

This hearty stew is packed with sweet potatoes, and chickpeas for plenty of protein. It will warm up their bellies and help the kids thrive throughout their busy day.

#### Butternut Squash and Lentil Stew

It's the season for butternut squash and we're mixing it in with this delicious lentil stew. Served with a fresh roll, this lunch is sure to keep your little one energized throughout the day.

#### Coconut Chickpea Curry and Brown Rice

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

### FISH ENTRÉE

#### Orange Ginger Fish Fillet

We take a sustainable white Pollock fish fillet and coat in our house-made orange ginger 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

#### Organic Strawberry Granola Bar and Fresh Fruit

Sweet and tasty and full of healthy, organic ingredients that parents will love and kids will love eating!

#### Whole Wheat Focaccia Bread and Hummus

Soft, whole wheat focaccia bread, served with fresh and creamy chickpea hummus. Kids will love dipping into this tasty spread.

#### Banana Oat Chunky Biscuit and Fresh Fruit

A fan favourite! This biscuit is soft and chewy and rich in fiber! A great pick me up for any afternoon.

## Fall/Winter 2021/22

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



## 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.



### 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  
Grow  
Thrive**