**  **

**Please select your lunch choices below by Selecting “A” or “B” in the boxes below.**

Once you complete and return your menu selection (A or B), we will send a package containing your new customized menus 2 weeks prior to the start of the new menu cycle. Choice forms not received in time for menu package printing will result in your location being assigned all “A” lunches until we receive and process your choices and print your customized menu. Updates or changes to menu choices can be submitted at any time after the start of the new menu rotation. Any selection changes received by noon will become effective 2 business days later.

**Look for these Symbols to help guide your choices: \*\* Brand New Item \*\* ✓ Favourite Returning Menu Item ✓ ☺ Wholesome, Tasty, Nourishing ☺**

**Email form to:** [**customer.care@wholesomekids.ca**](mailto:customer.care@wholesomekids.ca)For all inquiries, please contact us at 905-752-8115 X356. **Centre/School Name**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | |
| **WEEK 1** | ✓ Breaded Chicken, Brown Rice, Peas and Corn ✓ | \*\*Korean Style Beef and Vegetables, Brown Rice\*\* | ✓ Beef Burger, Whole Grain Bun, Leafy Greens, Italian Dressing ✓ | \*\*Homemade Three Sisters Soup (Corn, Squash, Bean), Artisan Bread Roll, Baby Carrots\*\* | ☺ Scrambled Egg, Cheddar Cheese, Whole Wheat English Muffin, Green Peas ☺ | \*\* Chicken Vegetable Mild Curry, Naan Bread, Green Peas \*\* | ✓ BBQ Chicken Drumstick, Brown Rice, California Vegetables ✓ | \*\* Turkey Macaroni and Cheese, California Vegetables \*\* | ✓ Breaded Fish Sticks, Brown Rice, Green Beans ✓ | ✓ Pasta Bolognese (Beef and Tomato Sauce), Green Beans ✓ |
| **Your**  **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 2** | ✓ Turkey Burger, Whole Grain Bun, Cheese Slice, Vegetable Medley ✓ | ☺ White Fish Lasagna, Vegetable Medley ☺ | \*\*Beef Taco, Shredded Cheese and Salsa, Whole Wheat Wrap, Green Beans\*\* | ✓ Breaded Chicken Round, Whole Grain Pasta, Green Beans ✓ | ☺ Butter Chicken, Naan, California Vegetables ☺ | ✓Beef Meatballs in Gravy, Whole Wheat Bun, California Vegetables ✓ | \*\*Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Parmesan Cheese), Diced Carrots \*\* | ✓ Breaded Chicken, Brown Rice, Leafy Greens, French Dressing, Plum Sauce ✓ | ✓ Peachy Chicken Drumstick, Brown Rice, Green Peas ✓ | \*\*Italian Seasoned Beef with Shells in Tomato Sauce, Green Peas\*\* |
| **Your**  **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 3** | \*\*Shredded Chicken Taco, Shredded Cheese, Whole Wheat Wrap, Vegetable Medley\*\* | ☺ Cheddar Cheese Omelet, Whole Wheat Bread, Vegetable Medley ☺ | ✓ Turkey Meatballs in Tomato Sauce, Bun, Green Peas ✓ | \*\*Homemade Tomato Chicken Noodle Soup, Artisan Roll, Baby Carrots\*\* | \*\*Creamy Bowtie Pasta with Beef and Mixed Peppers, Sunshine Mixed Vegetables\*\* | ☺ Pineapple Chicken Drumstick, Brown Rice, Sunshine Vegetables ☺ | ☺ Black Bean Chili, Shredded Cheese, Artisan Bread, Broccoli ☺ | ✓ Beef Burger, Whole Wheat Bun, Broccoli ✓ | ✓ Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing ✓ | \*\*Tuna Casserole with Whole Grain Pasta, Leafy Greens, Balsamic Dressing\*\* |
| **Your**  **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 4** | \*\*Creamy Coconut Turkey Stew,  Brown Rice  Turnips and Carrots\*\* | ✓ Chicken Meatballs in Gravy, Brown Rice, Turnips and Carrots ✓ | \*\*Homemade Beef Barley Soup, Artisan Bread, Baby Carrots\*\* | \*\*Herb and Panko Crusted Fish Filet, Whole Grain Pasta, Green Beans\*\* | ✓ Classic Mac and Cheese, Bean and Corn Salad, Sunshine Mixed Vegetables ✓ | ✓ Balsamic Glazed Chicken Drumstick, Brown Rice, Sunshine Mixed Vegetables ✓ | ✓ Breaded Fish Sticks, Brown Rice, Leafy Greens, House Dressing ✓ | ☺ Turkey Lasagna, Leafy Greens, House Dressing ☺ | \*\*Carvery Chicken in Gravy, Whole Wheat Bread, Peas and Corn\*\* | \*\*Egg, Cheese, Broccoli Casserole, Whole Wheat Bread, Peas and Corn\*\* |
| **Your Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |

