






## 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 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

#### Strawberry Yogurt with Whole Grain Pumpkin Harvest Granola

Fresh strawberry yogurt topped with whole grain granola made locally! The perfect pairing of crunchy and creamy!

#### Organic Whole Wheat Lemon Blueberry Muffin

The days are longer and we're accompanying the sunlight with these delicious vegan muffins bursting with summer flavour.

#### Whole Grain Cranberry Clusters

These clusters are full of sweet flavours and whole grains, making this a delicious and nutritious morning snack!



### MEAT ENTRÉE

#### Korean Beef and Vegetables

Shaved beef tossed in flavourful and bright Korean spices, gives this meal a rich flavour profile. Paired with a side of vegetables and brown rice.

#### Butter Chicken and Naan

A homemade sauce, with a variety of delicious flavours, this dish exposes little ones to an Indian cuisine. Served with a side of naan that's perfect for dipping or eating separately.

#### Creamy Coconut Turkey

This stew, developed by Wholesome Kids' Chefs, is made with light and bright coconut and protein packed turkey creating an energy-rich lunch! We serve it with brown rice, turnips and carrots.



### VEGETARIAN ENTRÉE

#### Mexican Beans and Rice

This new hearty chili is simple, tasty and fueling. Topped with shredded cheese and served with artisan bread, this meal is sure to be a favourite. Perfect to warm up bellies and help kids thrive.

#### Whole Grain Pasta Primavera

Made with a bright and light homemade creamy sauce, this dish will be a fan favorite! It's also packed with a mix of colourful veggies and parmesan cheese, to give kids the nutrients they need.

#### Egg, Cheese, and Broccoli Casserole

This dish is a great way of introducing broccoli to kids. Served with whole wheat bread and peas and corn, this meal is full of nutrition and flavour the kids will love.



### FISH ENTRÉE

#### Gluten Free Cod Nuggets

A sustainable wild caught cod fish with a crunchy and flavourful exterior. This meal is completely gluten free and certified sustainable by the Marine Stewardship Council.

#### Tuna Macaroni and Cheese

This tuna is so light and mild, kids are sure to enjoy! We have specially chosen a light tuna and added it to a creamy mac and cheese! Served with a side of leafy greens.

#### White Fish Lasagna

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



### PM SNACK

#### Carrot Zucchini Loaf with Apple

Moist and sweet, this loaf is the perfect balance on any afternoon. With added vegetables and completely vegan, this snack is sure to give kids an extra boost. Served with a side of edamame beans.

#### Organic Oatmeal Banana Cookie with Carrots

Organic, sweet and chewy - what more do we want in a cookie. This snack is a great afternoon treat and served with crunchy carrots and hummus for dipping energizes kids and help them thrive.

#### Breadsticks with Cheddar Cheese Cubes

These multigrain breadsticks from Italy are crispy, airy and light. They pair perfectly with cheese cubes or dipped in our vibrant and fresh guacamole - every last bite will be gone!

## Spring/Summer 2022

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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-  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 first 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**