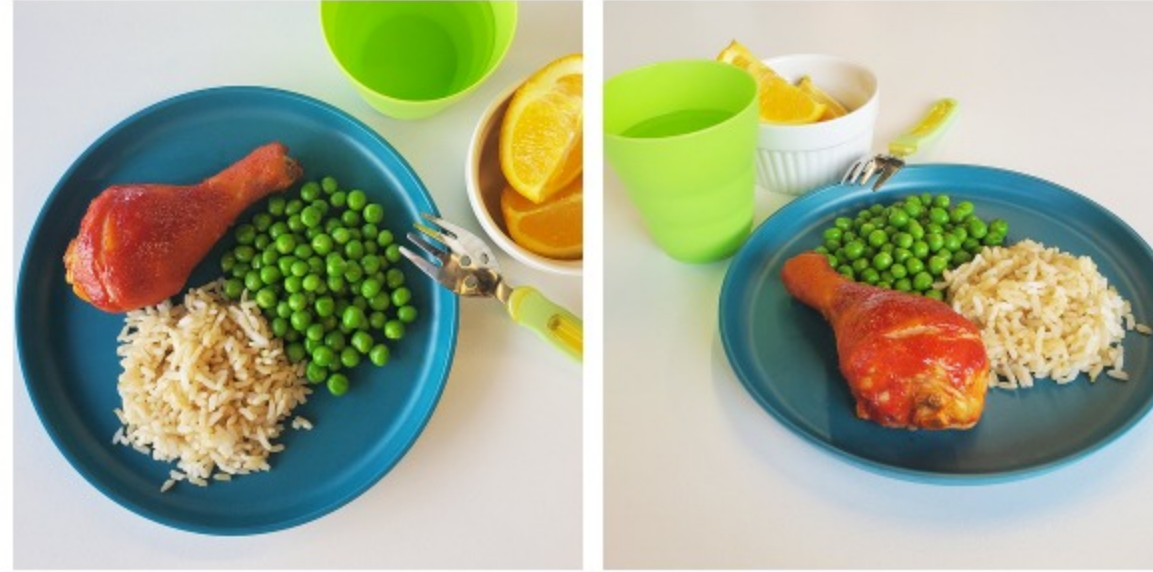


These International Dishes are Im-peck-able!

Menu Highlights

☀ Dish Spotlight ☀



Portuguese Chicken Drumstick

Wholesome Kids Catering will serve Portuguese Chicken Drumstick on Week 3 Friday Lunch A. This dish inspired from Portugal and is typically served with peri peri sauce, which has an explosion of flavour that is a little sweet and smokey! Although traditionally spicy, we have modified this recipe to suit a child's developing palate. Keep an eye out for this delicious meal on our upcoming Fall/Winter Menu!

The Importance of Cultural Diversity and International Foods

The GTHA region is a melting pot of culture everywhere you go. Food and its traditions play an important role in bringing people together and building community. They have a large influence on food preferences and eating habits across generations. Being an adventurous eater not only broadens your palate, but it also adds variety to your diet.



Wholesome Kids Catering embraces cultural diversity. We want every child to have a taste of home while also discovering international flavours from around the world. This increases cultural awareness and teaches them to be open to new experiences. Consider the opportunity to engage the children in discussions about food cultures and traditions as a fun way to develop their eating experience.

Do you have picky eaters who are not comfortable with International foods?

Here is an article on [How to Teach Kids to Love International Food](#) that shares some great ideas on introducing a global foods to children, as well as teaching them to become world food explorers.

[How to Teach Kids to Love International Food](#)

Chick out our International Dishes that we have Incorporated in our New Fall/Winter Menu!

At Wholesome Kids Catering, all sauces and spice blends are made in-house by our Red Seal Chefs. We hope that children will enjoy these globally inspired dishes created by us. They are available on:

1. Week 1 Wednesday Lunch B - Chicken Cacciatore Stew (Italian)
2. Week 1 Friday Lunch A - Turkey Tetrazzini (American Italian)
3. Week 2 Wednesday Lunch A - Curried Beef (Indian)
4. Week 2 Friday Lunch A - Filipino Beef Casserole (Filipino)
5. **Week 3 Friday Lunch A - Portuguese Chicken Drumstick (Portuguese)**
6. Week 4 Wednesday Lunch B - Moroccan Chicken Drumstick (Moroccan)
7. Week 4 Friday Lunch A - Tikka Masala Fish (Indian)
8. Week 4 Friday Lunch B - Teriyaki Diced Turkey (Japanese)

**Eat
Grow
Thrive**



Wholesome Kids Catering, 445 Hood Rd, Markham, ON L3R 8H1, Canada

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