**  **

**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. PLEASE SUBMIT YOUR CHOICES BY WEDNESDAY, SEPTEMBER 21ST, 2022. If not received by the deadline lunches will automatically be assigned to the A choice.

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **WEEK 1** |  ✓ Breaded Chicken Pieces, Brown Rice, Peas and Corn ✓ | \*\*Tomato and Beef Macaroni, Peas and Corn\*\* | ✓ Beef Burger, Wheat Bun, Diced Carrots ✓ | \*\*Turkey Alphabet Pasta Soup, Artisan Roll, Baby Carrots\*\* | ☺ Scrambled Eggs, Cheddar Cheese, Whole Wheat Wrap Green Peas ☺ | ✓Chicken Cacciatore Stew, Whole Grain Pasta, Green Peas✓ | ✓ Breaded Fish Sticks, Brown Rice, Leafy Greens, Balsamic Dressing ✓ | ☺Pasta Bolognese (Tomato/Beef Sauce), Leafy Greens, Balsamic Dressing ☺ | ✓ Turkey Tetrazzini, Green Beans ✓ | \*\* Maple Mustard Chicken Drumstick, Brown Rice, Green Beans \*\* |
| **Your****Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 2** | ✓ Breaded Chicken, Brown Rice, Diced Squash ✓ | ☺ Beef Lasagna, Diced Squash ☺ | ☺ Three Cheese and Bean Pasta, Mixed Vegetables ☺ | ✓ Turkey Burger, Wheat Bun, Cheddar Cheese, Mixed Vegetables ✓ | 🏳 Filipino Beef Casserole, Brown Rice, Green Peas 🏳 | 🏳 \*\* Salsa Chicken Drumstick, Brown Rice, Green Peas \*\* 🏳 | ✓ Minestrone Soup (Legumes), Whole Wheat Bread, Cucumber Slices ✓ | ✓ Beef Meatballs with Gravy, Whole Wheat Bun, Vegetable Medley ✓ | 🏳\*\* Chicken Alfredo Pasta, Leafy Greens, French Dressing \*\* 🏳 | ✓ Breaded Fish Sticks, Brown Rice, Leafy Greens, French Dressing ✓ |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 3** | \*\*Turkey Burrito, Whole Wheat Wrap, Shredded Cheese, Peas and Corn\*\* | ☺ Egg Patty, Whole Wheat English Muffin, Cheddar Cheese, Peas and Corn ☺ | \*\*☺ French Lentil Soup, Artisan Roll, Baby Carrots ☺\*\* | ✓ Breaded Chicken Pieces, Brown Rice, Diced Carrots ✓ |  ✓ Beef Chili, Pita Pocket, Green Beans ✓ | ✓ BBQ Turkey Meatballs, Brown Rice, Green Beans ✓ | ✓☺ Classic Mac and Cheese, Three Bean Salad, Sunshine Vegetables ☺✓ | ✓ Beef Burger, Wheat Bun, Sunshine Vegetables ✓ | 🏳\*\* Portuguese Chicken Drumstick, Brown Rice, Green Peas \*\*🏳 | ✓☺ Fish Bolognese with Whole Grain Pasta, Green Peas ☺✓ |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 4** | ✓ Chicken Meatballs in Gravy, Whole Grain Pasta, Broccoli ✓ | ✓ Turkey Pot Pie Stew with Whole Grain Pasta, Green Peas ✓ | ✓ Breaded Fish Sticks, Brown Rice, Sunshine Vegetables ✓  | ✓☺ Classic Chicken Noodle Soup, Artisan Bread Slice, Baby Carrots ☺✓ | ✓ Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Wholesome House Vinaigrette ✓ | ✓ Hearty Beef and Potato Stew, Whole Wheat Baguette, Peas and Corn ✓ | ✓ Cheddar Cheese Omelet, Whole Wheat Bread, Green Beans ✓ | ☺ Beef in Gravy, Mashed Potato, Whole Wheat Bread, Green Beans ☺ | ✓ Turkey Meatballs, Brown Rice, Diced Carrots ✓ | ✓ White Fish Mac and Cheese, Diced Carrots ✓ |
| **Your Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |

