




## Our WHOLESOME Commitment

-  Simple, wholesome ingredients for growing bodies and minds.
-  Developing menus using provincial and national nutritional guidelines.
-  Food kids love to eat.

## Packed Lunch Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
	A	B	A	B	A	B	A	B	A	B
WEEK 1	Cheddar Cheese on Whole Wheat Bread served with Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Apple, Carrots and Spice Snaps	Hardboiled Egg, Cheese, Whole Wheat Mini Pita, Melon Cup, Grape Tomatoes and Organic Granola Minis	Carvery Roast Beef on Whole Wheat Bread served with Lettuce, Melon Cup, Grape Tomatoes and Organic Granola Minis	Cold Beef Meatballs (5), Tomato Sauce, WW Sub Bun, Pear, Carrots and Organic Ginger Snaps	Chicken Salad on Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Ginger Snaps	Chicken Breast on Whole Wheat Sub Bun served with Lettuce, Tomato, Apple, Grape Tomatoes and Social Tea Biscuits	Roast Beef on Whole Wheat Ciabatta served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 2	Chicken Salad on Sub Bun served with Cheese, Pear, Carrots and Organic Ginger Snaps	Cheese on Whole Wheat Bread served with Pear, Carrots, Organic Ginger Snaps	Cold BBQ Chicken Drumstick, Whole Wheat Dinner Roll, Apple, Carrots and Spice Snaps	Whole Wheat Cheese Quesadilla served with Salsa, Apple, Carrots, Spice Snaps	Cheddar Cheese on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Social Tea Biscuits	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Social Tea Biscuits	Cold Chicken Nuggets (5), Whole Wheat Wrap, Plum Sauce, Pear, Carrots and Organic Ginger Snaps	Carvery Roast Beef on Whole Wheat Bread served with Cheese, Lettuce, Pear, Carrots and Organic Ginger Snaps	Carvery Chicken on Whole Wheat Focaccia served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits
WEEK 3	Cheddar Cheese on Whole Wheat Bread served with Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Apple, Carrots and Spice Snaps	Hardboiled Egg, Cheese, Whole Wheat Mini Pita, Melon Cup, Grape Tomatoes and Organic Granola Minis	Carvery Roast Beef on WW Bread served with Lettuce, Melon Cup, Grape Tomatoes and Organic Granola Minis	Cold Beef Meatballs (5), Tomato Sauce, Whole Wheat Sub Bun, Pear, Carrots and Organic Ginger Snaps	Chicken Salad on Sub Bun served with Cheese, Lettuce, Pear, Carrots and Organic Ginger Snaps	Chicken Breast on Whole Wheat Sub Bun served with Lettuce, Tomato, Apple, Grape Tomatoes and Social Tea Biscuits	Roast Beef on Whole Wheat Ciabatta served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Turkey Salad on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 4	Chicken Salad on Sub Bun served with Cheese, Pear, Carrots and Organic Ginger Snaps	Cheese on Whole Wheat Bread served with Pear, Carrots, Organic Ginger Snaps	Cold BBQ Chicken Drumstick, Whole Wheat Dinner Roll, Apple, Carrots and Spice Snaps	Whole Wheat Cheese Quesadilla served with Salsa, Apple, Carrots and Spice Snaps	Cheddar Cheese on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Social Tea Biscuits	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Pear, Grape Tomatoes and Social Tea Biscuits	Cold Chicken Nuggets (5), Whole Wheat Wrap, Plum Sauce, Pear, Carrots and Organic Ginger Snaps	Carvery Roast Beef on Whole Wheat Bread served with Cheese, Lettuce, Pear, Carrots and Organic Ginger Snaps	Carvery Chicken on Whole Wheat Focaccia served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Grape Tomatoes and Social Tea Biscuits



Menu is effective **July 4, 2022**

Menu is approved by a  
Registered Dietitian.

Milk and/or Water are served  
with lunch and snacks



- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Allergy and lifestyle substitutions are available based on information provided to us. Daily Packing Slip will indicate specific replacements by child name.



# Eat Grow Thrive