






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

Organic Whole Wheat Summer Berry Muffin

These muffins combines organic whole wheat flour with juicy summer berries! They offer a perfect balance of sweetness and tanginess!

Whole Wheat Pancake With Apple Butter

Delicious and nutritious, our pancakes are the perfect hearty snack. Topped with apple butter, they add a touch of sweetness and warmth to every bite!

Raisin Bread With Apple Butter

Made with juicy raisins and paired with apple butter, this bread is bursting with wholesome goodness that will have your kids coming back for more!



RETURNING FAVOURITES

Breaded Fish Sticks

A fan favourite for good reason! Every bite of these breaded fish sticks reveals tender, flaky fish that's bursting with flavour the kids will love.

BBQ Chicken Drumstick

The summer hit for kids who love finger-licking meals! Juicy drumsticks with irresistible BBQ sauce, this returning favorite is packed with protein to help fuel your kids' summer adventures.

Classic Mac and Cheese

A beloved dish by all, the mac and cheese is the ultimate comfort food. Not only is it a delicious, but it also serves as an excellent source of calcium and protein, essential nutrients for growing bones and muscles.



NEW ENTRÉE

Mild Cajun Chicken

Introducing our new mild Cajun chicken, a dish that is sure to excite taste buds! It's the perfect way to introduce your little ones to new flavours, without overwhelming their taste buds!

Mexican Beef Pasta

Our Mexican Beef Pasta is a delightful harmony of perfectly cooked pasta, tender beef, and a traditional infusion of Mexican spices, creating a symphony of flavors for a truly delicious meal.

Teriyaki Turkey Meatballs

This Asian-inspired Teriyaki Turkey Meatball is a great way to introduce your kids to a different source of lean protein. These meatballs are a healthier alternative to traditional beef or pork meatballs.



VEGETARIAN AND VEGAN

Moroccan Chickpeas

The Moroccan chicken was a huge success, so we've decided to incorporate the same delicious flavor profile with chickpeas! It comes with a side of naan, which is perfect for dipping!

Crustless Egg and Cheese Quiche

This light and fluffy crustless egg and cheese quiche is the perfect dish to welcome in the spring and summer seasons. This vegetarian dish will be gobbled up in no time!

Hidden Bean Lasagna

Our classic lasagna recipe is a favourite among kids, and this season we have added beans blended in the tomato sauce. It will give kids the opportunity to enjoy plant-based protein.



PM SNACK

Organic Coconut Chia Snaps

These organic coconut chia snaps are the perfect afternoon snack for your kids. With their crunchy and flavorful blend of organic ingredients, these bites are delicious, healthy and energizing.

Cinnamon Scone

Our Cinnamon Scone is a beloved classic pastry that is made with kid-friendly blend of cinnamon. It's flaky texture and just-right size make it the perfect treat for little hands.

Whole Wheat Banana Loaf

Made with wholesome ingredients like fresh bananas and whole wheat flour, the whole wheat banana loaf is a healthy option that provides your kids the energy to power through the rest of the day!

Spring/Summer 2023

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





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.



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