**  **

**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 TUESDAY, MARCH 7th, 2023. 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, Diced Carrots **✓** | **🏳** Mexican Beef and Whole Grain Pasta, Diced Carrots **🏳** | **✓** Egg Patty, Cheddar Cheese, English Muffin, Peas **✓** |  **✓** Turkey Alphabet Pasta Soup, Whole Wheat Baguette, Baby Carrots **✓** | **✓** Beef Burger, Wheat Bun, Green Beans **✓** | \*\* Diced Chicken in Gravy, Mashed Potatoes, Whole Wheat Bread, Green Beans \*\* | **☺** Turkey Mac and Cheese, Leafy Greens, Balsamic Dressing **☺** | \*\* Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing \*\* | **✓** Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Carrots and Green Beans) **✓** | **☺** Beef Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Sunrise Vegetables (Carrots and Green Beans) **☺** |
| **Your****Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 2** | **✓** Turkey Burger, Wheat Bun, Cheddar Cheese, Green Beans **✓** | **☺** Ground Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Green Beans **☺** | **\*\*** Vegetarian Hidden Bean Lasagna, Carrots and Turnips **\*\*** | **🏳** Tikka Masala Chicken Drumstick, Brown Rice, Carrots and Turnips **🏳** | **✓** Sweet and Sour Chicken Meatballs, Whole Grain Pasta, Leafy Greens, Italian Dressing **✓** | **☺** Beef Chili, Cornbread, Sunrise Vegetables (Carrots and Green Beans) **☺** | **\*\*** Whitefish Chowder, Whole Wheat Baguette Baby Carrots **\*\*** | **✓** Breaded Chicken, Wheat Bun, Diced Carrots **✓** | **🏳 ✓** Italian Beef and Shell Pasta in Tomato Sauce, Peas **✓ 🏳** | **✓** Cheddar Cheese Omelet, Whole Wheat Bread, Peas **✓** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 3** | **✓** Breaded Fish Sticks, Whole Wheat Wrap, Vegetable Medley **✓** | **☺** **🏳** Chicken Alfredo Pasta, Vegetable Medley **🏳 ☺** | **✓** Cheddar Cheese Omelet, Whole Wheat Bread, Corn and Peas **✓** |  **☺** Chicken and Rice Soup, Dinner Roll, Baby Carrots **☺** | **\*\*** Saucy Ground Beef, Brown Rice, Sunrise Vegetables (Carrots and Green Beans) **\*\*** | **🏳** Teriyaki Turkey Meatballs, Brown Rice, Sunrise Vegetables (Carrots and Green Beans) **🏳** | **🏳 ✓** Butter Chicken, Naan, Green Beans **🏳 ✓** | \*\* Open Faced Sandwich: Beef Burger in Gravy, Whole Wheat Texas Toast, Green Beans \*\* | **✓** Turkey Lasagna, Leafy Greens, Balsamic Dressing **✓** | **✓☺** BBQ Chicken Drumstick, Brown Rice, Diced Carrots **☺** |
| **Your** **Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |
| **WEEK 4** | **\*\*** Moroccan Chickpeas, Naan, Carrots and Turnips **\*\*** | **✓** Chicken Meatballs in Gravy, Wheat Bun, Carrots and Turnips **✓** | **✓** Breaded Chicken Pieces, Brown Rice, Corn and Peas **✓**  | **\*\* ☺** BBQ Shredded Turkey, Brown Rice, Corn and Peas **☺ \*\*** | **🏳** Turkey Bolognese with Whole Grain Pasta, Vegetable Medley **🏳** | **☺** Crustless Egg and Cheese Quiche, Whole Wheat Bread, Vegetable Medley **☺** | **\*\* ☺**  Lemon Chicken Drumstick, Whole Grain Pasta, Leafy Greens, French Dressing **☺** **\*\*** |  **✓** Classic Mac and Cheese, Garbanzo Bean Salad, Diced Carrots **✓** | **✓** Beef Burger, Wheat Bun, Broccoli **✓** | **✓** Whitefish Lasagna, Broccoli **✓** |
| **Your Choice** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** | **A** | **B** |

