



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 Carrot Muffin

Made with carrots and completely vegan, these muffins are a seasonal favorite among the little ones! Their soft texture, combined with the natural goodness of carrots, makes them a nutritious snack!

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!

Whole Wheat Cinnamon Scone

Our Cinnamon Scone is a beloved vegan classic snack that is made with a kid-friendly blend of cinnamon. Its flaky texture and just-right size makes it the perfect treat for little hands.



RETURNING FAVOURITES

Butter Chicken

Our beloved Butter Chicken has a new and improved recipe! This dish has always been a top choice among kids, and we're thrilled to present its improved version on our menu!

Turkey Lasagna

Turkey Lasagna is a delightful twist on the Italian classic. It's an ideal dish for introducing kids to a leaner protein choice while still enjoying a familiar and delicious meal.

Beef Meatballs in Gravy with Bun

A favourite classic, kids can enjoy the bun and meatballs separately or get creative and build their very own sandwich. No matter the choice, fun is always on the menu.



NEW ENTRÉE

Creamy Tomato Beef Penne

Introducing our creamy tomato beef penne! Packed with tasty, halal-certified beef and whole grain penne, it's a delectable, kid-approved choice that's sure to bring smiles all around.

Turkey Cacciatore Stew

Our Turkey Cacciatore Stew is a comforting delight, featuring tender turkey in a rich tomato sauce, along with vibrant veggies for a delicious and nutritious meal.

Whitefish Bowtie Pasta in Rosé Sauce

Featuring mild and sustainably caught white fish, this dish brings a fresh delicate flavour perfectly complementing the creamy rosé sauce. It's a delicious choice you won't be able to resist.



VEGETARIAN AND VEGAN

Vegetarian Cheeseburger Mac

This meatless delight introduces a new and unique plant-based protein – peas! It's a classic mac and cheese with a twist, showcasing the wholesome goodness of pea protein as the star ingredient.

Whole Wheat Egg Patty English Muffin

This Whole Wheat Egg Patty English Muffin is crafted with real Canadian cheddar cheese, and it's vegetarian-friendly! It's a delicious, smile-inducing treat that will have kids asking for more!

BBQ Baked Beans with Texas Toast

Our BBQ Baked Beans are the perfect combination of sweet and tangy flavours. Paired with a slice of Texas toast, this meal is guaranteed to bring big, happy smiles to the children savouring every bite!



PM SNACK

Whole Wheat Apple Cranberry Loaf

Crafted with tasty cranberry magic, this snack is not only delicious but also packed with healthy ingredients, making it the perfect snack that kids will love, and parents can feel good about!

Whole Wheat Basil Olive Oil Round Crackers

These wonderful rounds are made from whole wheat and infused with the gentle flavours of basil and olive oil, delivering a harmonious blend of taste and nutrition in every crispy bite!

Whole Wheat Banana Oat Bite

Our Banana Oat Bites are perfect for kids with a hearty appetite. Filled with the goodness of oat grains, these treats make snack time fun and nutritious for little ones!

Fall/Winter 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**