




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

Whole Wheat Cocoa Zucchini Muffin

This delightful snack blends whole wheat goodness with a touch of real cocoa flavour and subtle sweetness from fresh zucchini, making every bite sensational!

Whole Wheat Mini Bagel With Cream Cheese

Topped with creamy cream cheese, these are a hit with the kids, providing a powerful punch of energy to keep those little engines running all day long!

Whole Wheat Pancake with Apple Butter

This nutritious treat is designed with growing kids in mind! Topped with naturally sweetened apple butter, each bite is a burst of sweet and tangy goodness that kids simply adore.

Spring/Summer 2024

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



RETURNING FAVOURITES

Swedish Turkey Meatballs

Back by popular demand! We're thrilled to bring back this delicious classic to our menu. These flavourful turkey meatballs are a comforting favorite that brings smiles to tiny faces.

Herbed Halal Chicken Drumstick

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

Whitefish Bowtie Pasta in Rosé Sauce

A fan favourite with good reason! This dish features tender, sustainably caught whitefish, which harmoniously blends with our rich rosé sauce and perfectly cooked bowtie pasta.



NEW ENTRÉE

Creamy Turkey and Bean Chili

Introducing our new Creamy Turkey and Bean Chili! Crafted with care and bursting with hearty goodness, this chili is delicious and nourishing. Watch as it brings warmth to tiny hearts and tummies.

Mexican Halal Beef Tacos

Our Mexican Halal Beef Tacos is the perfect harmony of savoury beef and refreshing pico de gallo. Served with whole wheat wrap, it is the perfect dish for kids to explore new tastes and textures!

Chicken Tikka Stew

This hearty stew is perfect for even the pickiest eaters as it offers a delightful blend of familiar flavours that little ones love. Bursting with nutrition and flavour, it ensures mealtime is a joyous and nourishing experience.



VEGETARIAN AND VEGAN

Meatless Pea Protein Bolognese

This vegetarian delight features a pea protein base, complemented by whole grain pasta and a colorful array of leafy greens. Together, these create a perfect balanced dish packed with essential nutrients.

Scrambled Eggs With Roasted Potatoes

Our perfectly scrambled eggs, paired with golden, crispy roasted potatoes, are a highly requested combination. We are excited to introduce it to our menu for all the kids to enjoy!

Mac & Cheese with Black Bean & Corn Salad

This dish is a clever twist on a favourite classic. It features black bean and corn salad on the side which creates a well-balanced meal that's nutritious and delicious for growing minds and bodies.



PM SNACK

Whole Wheat Maple Oat Loaf

Baked with nutritious whole wheat flour, oats, and a touch of maple syrup, this wholesome snack is guaranteed to win over kids' hearts and taste buds alike.

Whole Grain Raspberry Coconut Date Bites

Made with wholesome ingredients like whole grains, raspberries, coconut, and dates, these bite-sized snacks provides your kids the energy to power through the rest of the day!




Fruity Applesauce

Crafted with a touch of seasonal magic, our Fruity Applesauce captures the essence of each season by blending a delightful medley of fruits that vary depending on what's ripe and in season.

**Eat
Grow
Thrive**



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-  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

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