

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 proud to share our Fall/Winter menu. This season brings a mix of nourishing comfort foods, cozy seasonal flavours, and fun new dishes that keep children excited about mealtime. From warming soups and hearty entrées to wholesome snacks, everything is thoughtfully designed to fuel growing bodies and curious minds. Our goal is to make mealtime easy for centres while giving children the nutrition and energy they need to eat, grow, and thrive.

AM SNACK

Apple Cinnamon Morning Round

Soft and comforting, made with whole grains, sweet raisins, and a sprinkle of Cinnamon. With fibre from whole grains and apples, it keeps tummies satisfied and brings the taste of fall mornings to life.

Vanilla Yogurt with Whole Grain Granola

A creamy and crunchy favourite. The vanilla yogurt provides calcium for strong bones, while whole oats in the granola adds fibre for lasting energy. Together, they create a snack children love.

Whole Wheat Carrot Muffin

Made with whole wheat flour, this muffin is vegan, nutritious, and comforting. It is baked with organic carrots and lightly spiced for a flavour children enjoy. A wholesome snack that is both hearty and delicious.

RETURNING FAVOURITES

Chicken Noodle Soup

A classic winter comfort food. Tender chicken, noodles, and vegetables in a warm broth provide nourishment, hydration, and comfort on cold days. A requested favourite loved for its familiar, soothing flavour.

BBQ Beef Meatballs on Whole Wheat Bun

Juicy meatballs coated in sweet and tangy BBQ sauce, served on a whole wheat bun for fibre. A returning favourite because children enjoy the bold yet child-friendly BBQ taste.

Sheppard's Pie

Seasoned beef layered with peas and carrots, topped with creamy mashed potatoes. Hearty and balanced, this homestyle favourite is always requested for its comforting, family-dinner feel.

NEW ENTRÉE

Dino Chicken Nuggets

Playful dinosaur shapes make this entrée exciting for children. Paired with colourful vegetables and brown rice, it is a balanced meal that blends fun with nourishment to keep children feeling energized.

Teriyaki Pollock

Tender pollock topped with a mild teriyaki glaze introduces global flavours in a child-friendly way. As a source of omega-3 fatty acids, this meal supports healthy brain development.

Jerk Chicken Drumstick with Coconut Rice

Caribbean-inspired chicken drumsticks served with creamy coconut rice. A hearty entrée that is flavourful, balanced, and packed with protein.

VEGETARIAN

Mediterranean Falafel with Tzatziki

Falafel made with chickpeas and sweet potatoes, served with cucumber and dill tzatziki. This plant-based entrée contains fibre to help keep children satisfied, while introducing flavours inspired by Middle Eastern and Mediterranean cuisines.

Cheddar Cheese Omelet

Fluffy and savoury, made with whole eggs and cheddar cheese. A familiar favourite that is rich in protein and calcium to support healthy growth. It is a simple yet comforting dish children enjoy.

Chickpea Tikka Masala

Protein-rich chickpeas in a creamy tomato sauce with gentle Indian spices. This vegetarian entrée is colourful and hearty, with fibre and protein. A comforting dish that introduces global flavours in a child-friendly way.

PM SNACK

Pretzel Bun with Mozzarella Cheese Slice

A soft, chewy pretzel bun paired with mozzarella makes this snack both hearty and satisfying. With protein and fibre, it is a filling choice that helps children stay energized throughout the day.

Spice Snaps with Fresh Fruit

Crisp snaps made with warm spices, paired with fresh fruit. This balanced snack brings cozy flavours and a touch of comfort, making it a delightful choice for children on fall or winter days.

Whole Wheat Pumpkin Loaf

Baked with real pumpkin puree, whole wheat flour, and applesauce. This vegan loaf is rich in flavour, contains fibre, and brings the comforting taste of fall to snack time.

Fall/Winter 2025-2026

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 children in mind.

We understand that what goes into children's 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 children 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.

Wholesome, balanced, and thoughtfully crafted — that's what we do

We continue to focus on simple and nutritious ingredients for growing bodies and minds. The foods children 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

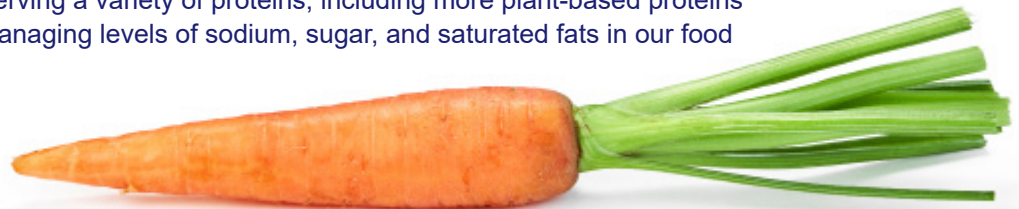


Ensuring sodium and sugar content of the foods we serve is appropriate for healthy children

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 Children 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

**Eat
Grow
Thrive**