




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 share our Spring/Summer menu — thoughtfully developed with the same commitment to wholesome, nutritious meals that children love. This season features new meals and snacks with inclusive, globally inspired flavours and a child-friendly appeal. Our menu is designed to give children the energy and nutrients to eat, grow, and thrive. Check out some of the amazing menu highlights below!



Whole Wheat Pineapple Coconut Muffin

Soft and baked with whole wheat flour, real pineapple, and a hint of coconut for a fun tropical twist. With fibre from whole grains, it's a satisfying morning snack that brings a little summer brightness to the table.

Whole Wheat Pancake with Strawberry Chia Jam

Whole wheat pancakes paired with a strawberry chia jam for dipping - fun, fruity, and easy to enjoy. Whole grains and chia both add fibre to help keep children satisfied, while gently introducing a new seed in a child-friendly way.

All Bran Cereal with Milk

A familiar favourite that many children already love, served with milk for a simple, satisfying snack. In general, we choose cereals that are higher in fibre and lower in sugar (typically 2-5 grams total sugar per serving) to support steady energy through the day.

Spring/Summer 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



Portuguese Chicken

Tender, rotisserie-style Portuguese chicken with a mild BBQ flavour children enjoy. Served as drumsticks or diced depending on age and preference, it's a simple, protein-rich meal that fits perfectly into spring and summer.

Fish Burger with Tzatziki

A fish burger children love, topped with tzatziki for a fresh Mediterranean twist – served on the bun or as a dip. It's an easy, child-friendly way to enjoy more seafood, which supports heart and brain health.

Chicken Alfredo Pasta

A lighter take on a creamy classic, with chicken served in the Alfredo sauce for protein and whole grain pasta on the side for fibre. Keeping the sauce separate gives children the choice to enjoy it mixed together or served separately.



Korean BBQ Beef Bowl

Inspired by bulgogi, this mild BBQ beef bowl is served with brown rice and cucumber slices on the side. Rich in protein and iron, it's flavourful yet approachable, and can be served mixed or separated to suit different preferences.

Coconut Tofu Curry

A gently seasoned coconut curry designed with children's taste buds in mind. With tofu tucked into a creamy sauce, it's a great way to help children try tofu - adding plant-based protein and iron, served with brown rice and vegetables for a balanced bowl.

Halal Teriyaki Chicken Meatballs

Soft, flavourful, and easy to eat, these child-friendly meatballs are served in a savoury teriyaki sauce with rice and broccoli on the side. Rich in protein and iron to support growing bodies, this comforting entrée offers a familiar taste many children enjoy. It's also a delicious halal option, helping ensure more children feel included at mealtime.



Spinach & Lentil Dal with Mini Naan Dippers

A comforting lentil dal with gentle spices and nutrient-rich spinach, served with mini naan for dipping. Packed with plant-based protein and fibre, it's hearty, warm, and child-friendly.

Hidden Tofu Mac & Cheese

Our beloved creamy mac and cheese with a nourishing twist - blended tofu adds extra protein without changing the familiar flavour children love. With calcium and protein, it's a comforting favourite that supports growing bodies.

Mini Potato & Cheese Perogies

Soft, mini perogies filled with potato and cheese - a fun way for children to explore and learn about food. Served with chickpea salad for added protein and vegetables to round out the meal.



Babybel Cheese & Fruit

A fun, hands-on snack pairing Babybel cheese with fresh fruit. Peeling the signature red wax creates an "I can do it!" moment that supports fine motor skills and independence. The cheese provides protein and calcium, while fruit adds fibre and natural sweetness.

Whole Wheat Pita with Bruschetta

A fresh twist on a favourite. Whole wheat pita served with ripe tomato bruschetta and a touch of onion. Naturally rich in vitamin C, with the option to add shredded cheese for a build-your-own "nacho-style" snack.




Whole Wheat Mini Bites with Cheese

A familiar snack - whole wheat mini bites paired with cheese for a crunchy-and-creamy combination. Fibre from whole grains plus protein and fats from cheese make this a balanced snack that helps keep children energized.

**Eat
Grow
Thrive**



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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.

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