WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 1

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Egg Patty	Egg / Dairy / Soy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		French Toast Bites	Gluten / Wheat / Barley / Soy / Egg / Dairy		Noor Roll	Gluten Free Roll	Noor Roll	Noor Roll		
		Green Peas	Green Pea / Legume							
	B	Chicken Sloppy Joe	Chicken / Pepper / Mustard / Tomato					Lentil Sloppy Joe	Lentil Sloppy Joe	Halal Beef Sloppy Joe
		Hamburger Bun	Gluten / Wheat / Soy			Gluten Free Bun				
		Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Green Peas	Green Pea / Legume							
Tuesday	A	Halal Beef Vegetable Soup	Beef / Tomato / Potato / Spinach / Carrot / Celery / Cabbage / Mushroom					Bean Vegetable Soup	Bean Vegetable Soup	
		Whole Wheat Baguette	Gluten / Wheat			Gluten Free Bread				
		PS/SA: Cucumber Slices	Cucumber							
		IT: Peeled Cucumber Slices	Cucumber							
	B	Halal Chicken Souvlaki	Chicken / Turkey / Green Pea / Split Pea / Legume / Citrus					Souvlaki Plant Based Strips (Soy/Legume)	Souvlaki Plant Based Strips (Soy/Legume)	
		Brown Rice	Brown Rice							
		Tzatziki	Dairy / Cucumber		Vegan Mayo			Vegan Mayo		
		PS/SA: Cucumber Slices	Cucumber							
		IT: Peeled Cucumber Slices	Cucumber							
Wednesday	A	Classic Macaroni and Cheese	Gluten / Wheat / Dairy		Vegan (Soy) Mac and Cheese	Gluten Free Vegan (Soy) Mac and Cheese		Vegan (Soy) Mac and Cheese		
		Green Peas and Corn	Green Pea / Legume / Corn							
	B	Battered Fish	Fish / Gluten / Wheat / Soy / Corn / Dairy / Egg		Cod Nuggets	Cod Nuggets	Cod Nuggets	Plant Based Tenders (Soy)		
		Whole Wheat Tortilla	Gluten / Wheat / Rice			Corn Tortilla				
		Tartar Sauce	Mustard / Egg / Soy				Vegan Mayo	Vegan Mayo		
		Green Peas and Corn	Green Pea / Legume / Corn							
Thursday	A	Beef Meatballs in Gravy	Beef / Gluten / Wheat / Dairy / Soy		Beef Burger in Gravy	Beef Burger in Gravy		Plant Based Meatballs (Soy) in Gravy	Plant Based Meatballs (Soy) in Gravy	Halal Meatballs in Gravy
		Brown Rice	Rice							
		Broccoli	Broccoli							
	B	Minestrone Soup	Tomato / Spinach / Carrot / Celery / Zucchini / Legume / Gluten / Wheat / Kidney Bean			Gluten Free Minestrone Soup				
		Whole Wheat Baguette	Gluten / Wheat			Gluten Free Bun				
		PS/SA: Cucumber Slices	Cucumber							
		IT: Peeled Cucumber Slices	Cucumber							
Friday	A	Tofu Tikka Masala	Soy / Dairy / Tomato / Citrus / Carrot / Celery / Pepper		Dairy Free Tofu Tikka Masala			Dairy Free Tofu Tikka Masala		
		Savoury Naan	Gluten / Wheat / Soy			Rice				
		Green Beans	Green Bean / Legume							
	B	**PS/SA:** Herbed Chicken Drumstick	Chicken					Herbed Tofu	Herbed Tofu	Halal Herb Drumstick
		IT: Herb Diced Chicken	Chicken / Celery / Carrot					Herbed Tofu	Herbed Tofu	Halal Herb Diced Chicken
		Veggie Quinoa	Quinoa / Green Pea / Legume / Carrot / Celery / Soy							
		Green Beans	Green Bean / Legume							

Effective Nov 23, 2026 **Reference Menu: v1**

If Space is Blank no replacement is required

Eat Grow Thrive

WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 2

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Whitefish Rose Bowtie Pasta Bake	Gluten / Wheat / Tomato / Dairy / Fish		Fish Bowtie Pasta Bake in Tomato Sauce	GF Fish Pasta in Rose Sauce		Lentil Bowtie Pasta Bake in Tomato Sauce		
		Green Peas and Corn	Green Pea / Legume / Corn							
	B	Chicken Fajita	Chicken / Turkey / Citrus / Pepper / Tomato					Fajita Plant Based Strips (Soy/Legume)	Fajita Plant Based Strips (Soy/Legume)	Halal Chicken Fajita
		Whole Wheat Tortilla	Gluten / Wheat / Rice			Corn Tortilla				
		Green Peas and Corn	Green Pea / Legume / Corn							
		Shredded Cheese	Dairy		Vegan Shredded Cheese			Vegan Shredded Cheese		
Tuesday	A	Breaded Chicken Pieces	Chicken / Gluten / Wheat / Soy / Corn			Plain Diced Chicken		Plant Based Nuggets (Soy)	Plant Based Nuggets (Soy)	Halal Breaded Chicken Pieces
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Green Beans	Green Bean / Legume							
	B	Hidden Bean Lasagna	Gluten / Wheat / Tomato / Dairy / Legume / Soy		Hidden Bean Lasagna - No Cheese	Gluten Free Bean Pasta		Hidden Bean Lasagna - No Cheese		
		Green Beans	Green Bean / Legume							
Wednesday	A	Mini Potato and Cheese Perogies	Gluten / Wheat / Potato / Dairy		Potato Perogies	Roasted Potato		Potato Perogies		
		Marinated Chickpea Salad	Chickpea / Legume / Citrus							
		Sour Cream	Dairy		Tofutti			Tofutti		
		Broccoli	Broccoli							
	B	Halal Beef Bolognese	Beef / Tomato					Lentil Bolognese	Lentil Bolognese	
		Whole Grain Penne	Gluten / Wheat			Gluten Free Pasta				
		Broccoli	Broccoli							
Thursday	A	Vegetarian Three Sisters Soup	Gluten / Wheat / Potato / Tomato / Zucchini / Corn / Legume / Squash / Carrot / Celery / Soy			Gluten Free Three Sisters Soup				
		Whole Wheat Baguette	Gluten / Wheat			Gluten Free Roll				
		PS/SA: Baby Carrots	Carrot							
		IT: Blanched Baby Carrots	Carrot							
	B	Egg Patty	Egg / Dairy / Soy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat English Muffin	Gluten / Wheat / Soy			Gluten Free Bun				
		Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Green Peas	Green Pea / Legume							
Friday	A	**PS/SA:** Maple Soya Sauce Chicken Drumstick	Chicken / Soy / Gluten / Wheat			Herbed Drumstick		Maple Soya Sauce Tofu	Maple Soya Sauce Tofu	Halal Maple Soya Sauce Drumstick
		IT: Maple Soya Sauce Diced Chicken	Chicken / Soy / Gluten / Wheat / Celery / Carrot			Herbed Diced Chicken		Maple Soya Sauce Tofu	Maple Soya Sauce Tofu	Halal Maple Soya Sauce Diced Chicken
		Brown Rice	Rice							
		PS/SA: Leafy Greens / Italian Dressing	Cabbage / Lettuce / Carrot / Spinach / Citrus / Pepper / Soy							
		IT: Vegetable Medley	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Creamy Tomato Navy Beans	Legume / Tomato / Dairy / Barley / Carrot / Celery / Soy		Dairy Free Tomato Navy Beans			Dairy Free Tomato Navy Beans		
		Whole Grain Rotini	Gluten / Wheat			Gluten Free Pasta				
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn / Legume							

Effective Nov 23, 2026 **Reference Menu: v1**

If Space is Blank no replacement is required

Eat Grow Thrive

WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 3

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Cheddar Cheese Omelet	Egg / Dairy / Soy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Tortilla	Gluten / Wheat / Rice			Corn Tortilla				
		Green Beans	Green Bean / Legume							
	B	Halal Italian Seasoned Beef with Pasta Shells	Beef / Tomato / Carrot / Celery / Tomato / Cabbage / Mushroom / Gluten / Wheat / Squash / Zucchini			Halal Italian Seasoned Beef with Gluten Free Pasta		Italian Plant Based Crumble (Soy) with Pasta Shells	Italian Plant Based Crumble (Soy) with Pasta Shells	
		Green Beans	Green Bean / Legume							
Tuesday	A	Breaded Chicken Pieces	Chicken / Gluten / Wheat / Soy / Corn			Plain Diced Chicken		Plant Based Nuggets (Soy)	Plant Based Nuggets (Soy)	Halal Breaded Chicken Pieces
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Broccoli	Broccoli							
	B	Spinach and Lentil Daal	Lentil / Legume / Spinach							
		Brown Rice	Rice							
		Broccoli	Broccoli							
Wednesday	A	Beef Burger	Beef / Gluten / Wheat / Soy			Gluten Free Beef Burger		Plant Based Burger (Mushroom)	Plant Based Burger (Mushroom)	Halal Beef Burger
		Hamburger Bun	Gluten / Wheat / Soy			Gluten Free Bun				
		Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Green Peas	Green Pea / Legume							
	B	Classic Macaroni and Cheese	Gluten / Wheat / Dairy		Vegan (Soy) Mac and Cheese	Gluten Free Vegan (Soy) Mac and Cheese		Vegan (Soy) Mac and Cheese		
		Green Peas	Green Pea / Legume							
Thursday	A	Vegetarian Chickpea and Sweet Potato Stew	Chickpea / Legume / Coconut / Citrus / Spinach / Pepper / Sweet Potato / Carrot / Celery / Soy							
		Whole Wheat Roll	Gluten / Wheat			Gluten Free Roll				
		PS/SA: Baby Carrots	Carrot							
		IT: Blanched Baby Carrots	Carrot							
	B	Turkey Patty	Turkey / Cauliflower					Plant Based Burger (Legume)	Plant Based Burger (Legume)	Halal Turkey Burger
		Whole Wheat English Muffin	Gluten / Wheat / Soy			Gluten Free Bun				
		Roasted Diced Potatoes	Potato							
Friday	A	**PS/SA:** BBQ Chicken Drumstick	Chicken / Tomato / Tamarind / Soy					BBQ Beans	BBQ Beans	Halal BBQ Drumstick
		IT: BBQ Diced Chicken	Chicken / Tomato / Celery / Carrot					BBQ Beans	BBQ Beans	Halal BBQ Diced Chicken
		Coconut Rice	Rice / Coconut							
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Thai Fish Curry	Fish / Potato / Carrot / Coconut					Thai Chickpea Curry		
		Coconut Rice	Rice / Coconut							
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn / Legume							

Effective Nov 23, 2026 **Reference Menu: v1**

If Space is Blank no replacement is required

Eat Grow Thrive

WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 4

Fall / Winter 2026-2027

Healthy Balance Menu

Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Fish Sticks	Fish / Gluten / Wheat / Corn / Soy			Cod Nuggets		Plant Based Tenders (Soy)		
		Brown Rice	Rice							
		Tzatziki	Dairy / Cucumber		Vegan Mayo			Vegan Mayo		
		Green Peas and Corn	Green Pea / Legume / Corn							
	B	Chicken Alphabet Soup	Chicken / Carrot / Celery / Gluten / Wheat			Gluten Free Chicken Pasta Soup		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
		Whole Wheat Bread	Gluten / Wheat / Soy			Gluten Free Bread				
		PS/SA: Cucumber Slices	Cucumber							
		IT: Peeled Cucumber Slices	Cucumber							
Tuesday	A	Beef Meatballs in Tomato Sauce	Beef / Dairy / Gluten / Wheat / Soy / Tomato		Beef Burger in Tomato Sauce	Beef Burger in Tomato Sauce		Vegetarian Meatballs (Soy) in Tomato Sauce	Vegetarian Meatballs (Soy) in Tomato Sauce	Halal Meatballs in Tomato Sauce
		Whole Grain Rotini	Gluten / Wheat			Gluten Free Pasta				
		Sunrise Mix	Carrot / Green Bean / Legume							
	B	Lentil Bolognese	Lentil / Legume / Tomato							
		Whole Grain Rotini	Gluten / Wheat			Gluten Free Pasta				
		Sunrise Mix	Carrot / Green Bean / Legume							
Wednesday	A	Chickpea Korma	Chickpea / Legume / Potato / Coconut / Dairy / Tomato		Dairy Free Chickpea Korma			Dairy Free Chickpea Korma		
		Brown Rice	Rice							
		Green Peas	Green Pea / Legume							
	B	Salisbury Steak in Gravy	Beef / Gluten / Wheat / Soy			Gluten Free Burger in Gravy		Plant Based Burger (Soy) in Gravy	Plant Based Burger (Soy) in Gravy	Halal Salisbury Steak in Gravy
		Brown Rice	Rice							
		Green Peas	Green Pea / Legume							
Thursday	A	BBQ Diced Chicken	Chicken / Tomato / Celery / Carrot					BBQ Beans	BBQ Beans	Halal BBQ Diced Chicken
		Cornbread	Gluten / Wheat / Egg / Corn / Soy / Dairy		Noor Roll	Gluten Free Roll	Noor Roll	Noor Roll		
		Broccoli	Broccoli							
	B	Scrambled Egg	Egg / Dairy / Soy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Gluten / Wheat / Soy			Gluten Free Bread				
		Shredded Cheese	Dairy		Vegan Shredded Cheese			Vegan Shredded Cheese		
		Broccoli	Broccoli							
Friday	A	Mini Cheese Tortellini Soup	Gluten / Wheat / Dairy / Egg / Carrot / Celery / Legume / Carrot / Celery / Soy		Bean Pasta Soup	GF Bean Pasta Soup	Bean Pasta Soup	Bean Pasta Soup		
		Whole Wheat Baguette	Gluten / Wheat			Gluten Free Bread				
		PS/SA: Leafy Greens / Italian Dressing	Cabbage / Lettuce / Carrot / Spinach / Citrus / Pepper / Soy							
		IT: Blanched Baby Carrots	Carrot							
	B	**PS/SA:** Jerk Chicken Drumstick	Chicken / Pepper					Jerk Plant Based Strips (Soy/Legume)	Jerk Plant Based Strips (Soy/Legume)	Halal Jerk Drumstick
		IT: Jerk Diced Chicken	Chicken / Celery / Carrot / Pepper					Jerk Plant Based Strips (Soy/Legume)	Jerk Plant Based Strips (Soy/Legume)	Halal Jerk Diced Chicken
		Veggie Quinoa	Quinoa / Green Pea / Legume / Carrot / Celery / Soy							
		PS/SA: Leafy Greens / Italian Dressing	Cabbage / Lettuce / Carrot / Spinach / Citrus / Pepper / Soy							
		IT: Blanched Baby Carrots	Carrot							

Effective Nov 23, 2026 **Reference Menu: v1**

If Space is Blank no replacement is required

Eat Grow Thrive