






**WHOLESONE  
KIDS  
CATERING**

**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.

**THE APPLETREE PRESCHOOL- AJAX**

Healthy Balance Spring/Summer 2024

**Eat Grow Thrive**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit <b>PM Snack</b> Spice Snaps, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit <b>PM Snack</b> Whole Wheat Pita Pocket, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> <b>Entrée</b> Tomato Halal Beef Mac &amp; Cheese, Green Peas, Fresh Fruit <b>PM Snack</b> Whole Wheat Digestive Cookies, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Crackers, Cheese Cubes</p>	<p><b>AM Snack</b> <b>Entrée</b> Sweet and Sour Halal Beef Strips, Brown Rice, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Cucumber Slices</p>
WEEK 2	<p><b>AM Snack</b> <b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit <b>PM Snack</b> Organic Gluten-Free Whole Grain Mixed Berry Gnanola Minis, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Butter Chicken, Naan, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Wheat Melba Toast, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit <b>PM Snack</b> Mini Cocoa Snaps, Fruity Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit <b>PM Snack</b> Whole Wheat Breadsticks, Cheese Cubes</p>	<p><b>AM Snack</b> <b>Entrée</b> Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing, Fresh Fruit <b>PM Snack</b> Whole Grain Oatmeal Cookie, Fresh Fruit</p>
WEEK 3	<p><b>AM Snack</b> <b>Entrée</b> Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit <b>PM Snack</b> Organic Spelt Mini Ginger Snaps, Vanilla Yogurt</p>	<p><b>AM Snack</b> <b>Entrée</b> Chicken Tikka Stew, Whole Wheat Naan, Broccoli, Fresh Fruit <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> <b>Entrée</b> BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit <b>PM Snack</b> Whole Wheat Lemon Blueberry Loaf, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit <b>PM Snack</b> Banana Oatmeal Bar, Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit <b>PM Snack</b> Spice Snaps, Cucumber Slices</p>
WEEK 4	<p><b>AM Snack</b> <b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit <b>PM Snack</b> Whole Grain Raspberry Coconut Date Bites, Fresh Fruit</p>	<p><b>AM Snack</b> <b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit <b>PM Snack</b> Whole Wheat Round Crackers, Cheese Curds</p>	<p><b>AM Snack</b> <b>Entrée</b> Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit <b>PM Snack</b> Whole Wheat Maple Oat Loaf, Applesauce</p>	<p><b>AM Snack</b> <b>Entrée</b> Beef Burger, Hamburger Bun, Carrots &amp; Turnips, Fresh Fruit <b>PM Snack</b> Whole Wheat Crackers, Cheddar Cheese Slice</p>	<p><b>AM Snack</b> <b>Entrée</b> Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit <b>PM Snack</b> Whole Wheat Digestive Biscuits, Strawberry Yogurt</p>



**Menu Launch Date: April 15, 2024**

**Menu is approved by a Registered Dietitian.**

**Milk and/or Water are served with lunch and snacks**




- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.





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