






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.

CASA VERA MONTESSORI

Healthy Balance - Infant/Toddler Spring/Summer 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Multigrain Cheerios, Milk</p> <p>Entrée Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit</p> <p>PM Snack Spice Snaps, Fresh Fruit, Peach Yogurt</p>	<p>AM Snack Whole Wheat Pancake, Apple Butter</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Melba Toast, Cheddar Cheese Slice, Fruity Applesauce</p>	<p>AM Snack Banana Oatmeal Bar</p> <p>Entrée Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit</p> <p>PM Snack Whole Wheat Digestive Cookie, Fresh Fruit, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin</p> <p>Entrée Diced Apricot Halal Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots</p>	<p>AM Snack Rice Krispies, Milk</p> <p>Entrée Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Oat Loaf, Peeled Cucumber Slices, Hummus</p>
WEEK 2	<p>AM Snack Shreddies with Milk</p> <p>Entrée Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Banana Oat Bite</p> <p>Entrée Butter Chicken, Naan, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Melba Toast, Cheese Curds, Blanched Baby Carrots</p>	<p>AM Snack Strawberry Yogurt, Social Tea Biscuits</p> <p>Entrée Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit</p> <p>PM Snack Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin</p> <p>Entrée Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheese Cubes, Guacamole</p>	<p>AM Snack Corn Flakes with Milk</p> <p>Entrée Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame</p>
WEEK 3	<p>AM Snack Multi Grain Cheerios with Milk</p> <p>Entrée Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit</p> <p>PM Snack Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit</p>	<p>AM Snack Whole Grain Coconut Date Bites</p> <p>Entrée Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Blanched Baby Carrots</p>	<p>AM Snack Whole Wheat Mini Bagel, Cream Cheese</p> <p>Entrée Diced BBQ Halal Chicken, Brown Rice, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg</p>	<p>AM Snack Rice Krispies with Milk</p> <p>Entrée Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit</p> <p>PM Snack Banana Oatmeal Bar, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Cocoa Zucchini Muffin</p> <p>Entrée Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit</p> <p>PM Snack Spice Snaps, Peeled Cucumber, Strawberry Yogurt</p>
WEEK 4	<p>AM Snack Shreddies with Milk</p> <p>Entrée Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit</p> <p>PM Snack Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt</p>	<p>AM Snack Whole Wheat Apple Cinnamon Bagel, Apple Butter</p> <p>Entrée Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit</p> <p>PM Snack Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes</p>	<p>AM Snack Peach Yogurt with Social Tea Biscuits</p> <p>Entrée Diced Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit</p> <p>PM Snack Whole Wheat Maple Oat Loaf, Applesauce, Edamame</p>	<p>AM Snack Whole Wheat Fruit and Fibre Muffin</p> <p>Entrée Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit</p> <p>PM Snack Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit</p>	<p>AM Snack Corn Flakes with Milk</p> <p>Entrée Meatless Bolognese Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit</p> <p>PM Snack Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit</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.