

choice children's catering menu

Cycle 2

Toddler week two

DAY		PM SNACK			
MON	Sweetn'Sour Chicken Balls Ancient Grain Pilaf with Quiona Colourful Confetti Salad Fruit Homo Milk	Tomato Salsa Whole Wheat Pita	green peas, red peppers, diced carrot, parsley, celery oil, vinegar, spices, black bean	quiona, barley, brown rice, white rice, vegetable oil, vegetable stock	oven baked ground chicken tballs, stock, onion, flour, cornstarch tomato
TUE	Barbecue Chicken Thighs Tangy Apple Cooked Coleslaw Spinach, Tomato, WW Fusili Fruit Homo Milk	Arrowroot Biscuit Soy Nut Butter	shredded carrot and steamed green cabbage creamy dressing mayo, vinegar and spices	spinach, tomato, ww pasta, non hydrogenated margarine	diced oven baked chicken thigh lightly brushed with barbecue sauce
WED	 Cream of Vegetable Soup Tuna Sandwiches on WW Assorted Sandwiches on WW Fruit Homo Milk	Orange Sections Fruit Yogurt	celery, carrots, potato, onions, broccoli, cauliflower, cream,, flour, vegetable stock, herbs & spices, soup base no msg	whole wheat bagels, honey wheatn' oat, multigrain bread 100% whole wheat bread,	egg, tuna, soy cheese - no pepsin, no rennet, turkey, white turkey, chicken bologna, no nut butter, homemade roast beef, cubed chicken mayo - egg & vinegar
THU	 Emma's Vegetarian Chilli Basmati Rice Cooked Green Beans Fruit Homo Milk	WW Bagel Homo Milk	carrot, celery, tomato, cucumber, zucchini, corn herbs and spices green beans french dressing	basmati rice	navy beans, black beans, herbs & spices
FRI	 WW Spaghetti with Meat Sauce Steamed Carrot & Cucumber Slices & Dip Fruit Homo Milk	 Fresh Baked Carrot Loaf Homo Milk	carrot zuchini cucumber slices dip - egg, oil, vinegar spices tomato sauce, tomatoes, mushrooms, celery, peppers, onion, herbs & spices	flour tortilla shell	100% lean ground beef



we make nourishment child's play

list of daily fruit available on the [FRESH FROM THE MARKET](#)



items made from scratch proud supporter of local product

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