










# choice children's catering menu

## Cycle 2

### Preschool & School Age week two

DAY	AM SNACK		PM SNACK			
MON	Bran Flakes 2% Milk	<b>Sweetn'Sour Chicken Balls</b> <b>Ancient Grain Pilaf with Quiona</b> <b>Colourful Corn Salad</b> <b>Fresh Fruit</b> 2% Milk	Tomato Salsa Whole Wheat Pita	kernel corn, red peppers, diced carrot, parsley, celery oil, vinegar, spices, black bean	quiona, barley, brown rice, white rice, vegetable oil, vegetable stock	oven baked ground beef meatballs, beef stock, onion, flour, cornstarch , tomato
TUE	WW Toast Margarine 2% Milk	<b>Barbecue Chicken Drums &amp; Thighs</b> <b>Tangy Apple Coleslaw</b> <b>Spinach, Tomato, WW Fusili</b> <b>Fresh Fruit</b> 2 % Milk	Arrowroot Biscuits Soy Nut Butter	shredded carrot and green cabbage apple creamy dressing mayo, vinegar and spices	spinach, tomato, ww pasta, vegetable oil	oven baked chicken drums & thigh lightly brushed with barbecue sauce
WED	 Jesse's Granola with Dried Fruit 2% Milk	 <b>Cream of Vegetable Soup</b> <b>Tuna Sandwiches on WW</b> <b>Assorted Sandwiches on WW Bread</b> <b>Fresh Fruit</b> 2% Milk	Fruit Yogurt Orange Sections	celery, carrots, potato, onions, broccoli, cauliflower, cream, non hydrogenated margarine, 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, homemade roast beef, cubed chicken mayo - egg & vinegar non hydrogenated marg.
THU	Multigrain Cheerios 2% Milk	 <b>Emma's Vegetarian Chili</b> <b>Basmati Rice</b> <b>Leaf Cress Salad</b> <b>Fresh Fruit</b> 2 % Milk	WW Bagel 2 % Milk	carrot, celery, tomato ,potato, corn herbs and spices  spinach, iceberg, green leaf lettuce french dressing	basmati rice	navy beans, black beans
FRI	Pancakes with Applesauce	 <b>WW Spaghetti with Meat Sauce</b> <b>Carrot , Zucchini and Cucumber Slices</b> <b>Fresh Fruit</b> 2 % Milk	 Fresh Baked Carrot Loaf 2 % Milk	carrot, zucchini and cucumber slices dip - egg, oil, vinegar spices tomato sauce, tomatoes, mushrooms, celery, peppers, onion, herbs & spices	whole wheat spaghetti al dente style, vegetable oil	100% lean ground beef

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

water is available as a beverage throughout the day

items made from scratch proud supporter of local product



we make nourishment child's play

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proud supporter of local products  
2016 option 1