













# choice children's catering menu

**Cycle 1** Preschool & School Age week one

DAY	 <b>LUNCH</b>	PM SNACK	<b>lunch ingredients</b>  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
MON	 <b>Beef Tacos w/Toppings</b> <b>Corn Taco Shells</b> <b>Kernel Corn &amp; Tomato Salsa</b> <b>Fresh Fruit &amp; 2% Milk</b>	<b>Soy Nut Butter</b> <b>Rye Bread</b> <b>2% Milk</b>	kernel corn, onion, spices tomato, green & red peppers,	corn shells	ground beef tomato, onions, spices shredded soy cheese
TUE	 <b>Turkey Loaf</b> <b>WW Bread</b> <b>Green Peas &amp; Carrots</b> <b>Fresh Fruit &amp; 2% Milk</b>	<b>Vegetable Filled Samosa</b> <b>2% Milk</b>	peas & carrots	whole wheat bread	lean ground turkey, egg, bread crumbs, onion, tomato, vinegar, mustard, lemon, herbs & spices
WED	 <b>Creamy Tuna Alfredo</b> <b>WW Pasta</b> <b>Colourful Bean Salad</b> <b>Fresh Fruit &amp; 2% Milk</b>	 <b>Veggie Pizza</b> <b>Pita Pockets</b> <b>2% Milk</b>	green beans, pepper, yellow beans, onion oil and vinegar	whole wheat elbows	tuna, onion, cheese, milk
THU	<b>Barbecue Chicken</b> <b>Rice Pilaf</b> <b>Five Treasure Salad</b> <b>Fresh Fruit &amp; 2% Milk</b>	<b>Creamy Hummus</b> <b>Whole Wheat Triscuits</b> <b>2% Milk</b>	iceberg lettuce, kale or spinach, shredded green, purple cabbage, zucchini, diced carrots italian dressing	long grain white, red & brown rice, vegetable stock	oven baked chicken drums & thigh lightly brushed with barbecue sauce
FRI	 <b>Tomato Lentil Ragu</b> <b>Rotini Pasta &amp; Veggie &amp; Dip</b> <b>Fresh Fruit &amp; 2% Milk</b>	<b>Banana</b>  <b>Zucchini Banana Bar</b> <b>2% Milk</b>	celery, carrot, garlic, onion, mushroom, tomato sauce zucchini	rotini pasta	red lentils

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

\* water is available as a beverage throughout the day

we make nourishment child's play

\*2019 opt 1 \* proud supporter of local products



made from scratch