



# choice children's catering menu

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

DAY	 <b>LUNCH</b>	<b>PM SNACK</b>	<b>lunch ingredients</b>  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
<b>M</b> <b>O</b> <b>N</b>	<b>Masala Baked Fish</b> <b>Whole Wheat Roll</b> <b>Sweet Potato &amp; Vegetable Medley</b> <b>Fresh Fruit &amp; 2 % Milk</b>	<b>Tomato Salsa</b> <b>Naan</b> <b>2 % Milk</b>	potato, sweet potato, broccoli, cauliflower, carrot, green & yellow beans, tartar sauce	whole wheat roll	oven baked white fish, herbs & spices
<b>T</b> <b>U</b> <b>E</b>	<b>Swedish Meatballs</b> <b>Brown Rice Pilaf</b> <b>Coleslaw</b> <b>Fresh Fruit</b> <b>2 % Milk</b>	<b>Carrot Sticks</b> <b>Celery Sticks</b> <b>Arrowroot Biscuits</b> <b>2 % Milk</b>	carrot, green cabbage oil & vinegar	parboiled long grain white, red & brown rice, onion, vegetable stock	oven baked ground beef meatballs, beef stock, onion, flour, cornstarch
<b>W</b> <b>E</b> <b>D</b>	 <b>Cauliflower &amp; Bean Mornay</b> <b>WW Penne &amp; Plain</b> <b>Garden Salad</b> <b>Fresh Fruit</b> <b>2 % Milk</b>	<b>Orange Sections</b> <b>Fruit Yogurt</b> <b>Melba Toast</b>	iceberg lettuce, cucumbers, shredded carrot, broccoli italian dressing	ww penne, plain penne	navy bean, cheddar cheese
<b>T</b> <b>H</b> <b>U</b>	 <b>CCC's Chili</b> <b>Basmati Rice</b> <b>Assorted Veggies &amp; Dip</b> <b>Fresh Fruit &amp; 2 % Milk</b>	<b>Whole Egg Slices</b> <b>WW Bagel</b> <b>2 % Milk</b>	carrots, tomato, onion, peppers, cucumbers or zucchini	basmati rice	lean ground beef, navy beans
<b>F</b> <b>R</b> <b>I</b>	 <b>Cheese Cappelletti with</b> <b>Rose &amp; Lentil Sauce</b> <b>Sweet Pea Salad</b> <b>Fresh Fruit &amp; 2 % Milk</b>	<b>Banana</b>  <b>Fresh Baked Carrot</b> <b>Loaf</b> <b>2 % Milk</b>	green peas, peppers, celery, creamy dressing	cappelletti filled with cheese,	mozzarella & parm cheese, lentils, onion, cream, herbs and spices

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

\*water is available as a beverage throughout the day

\* proud supporter of local products

\*2019 opt 1



made from scratch

we make nourishment *child's* play

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