



choice children's catering menu

Cycle 1

Preschool & School Age week four

DAY	 LUNCH	PM SNACK	lunch ingredients  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
M O N	Sweetn' Sour Chicken Balls Yellow Rice Sweet Green Peas Fresh Fruit & 2% Milk	Soy Nut Butter Graham Wafer 2% Milk	green peas	rice	oven baked ground chicken balls, tomato, pineapple, cornstarch
T U E	 Cheesy Lentil Sauce with Baby Shells Hawaiian Coleslaw Fresh Fruit & 2% Milk	 Yogurt Spinach Dip Whole Wheat Crackers, 2% Milk	shredded carrot, cabbage, creamy coleslaw sauce - egg, vinegar, spices red pepper, mandarins	baby shell pasta	homo milk, shredded cheddar cheese, flour, yellow lentils
W E D	 Homemade Beef Sliders WW Bun Squash, Peas & Carrots Fresh Fruit & 2% Milk	Zucchini & Carrot Sticks Creamy Hummus 2% Milk	peas, diced carrots, diced squash condiments - mustard, ketchup, relish	ww bun	100 % lean ground beef bread crumbs, egg, hp sauce, lea perins sauce
T H U	 Vegetable Curry with Chick Peas & Garden Salad Vegetable Fusili Fresh Fruit & 2% Milk	 Peach Apple Compote Baguette 2% Milk	peas, tomato, carrot, potato, peppers, iceberg	spinach, tomato, whole wheat, plain pasta	chick peas, vegetable stock, cream, onion, herbs and spices, curry, vegetable oil, coconut
F R I	 Chicken Fajita Whole Wheat Tortilla Shell Kernel Corn Fresh Fruit & 2% Milk	Banana  Choice's Blueberry Peach Loaf 2% Milk	kernel corn, red pepper, green peas, diced tomato, sweet onion	whole wheat tortilla shells	oven baked boneless chicken thighs, chicken stock, soya sauce, onion, cilantro, herbs & spices

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

*water is available as a beverage throughout the day

*2019 opt 1



made from scratch

* proud supporter of local products

we make nourishment child's play

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