



# choice children's catering menu

**Cycle 1** Toddler week one

DAY	 <b>LUNCH</b>	PM SNACK	<b>lunch ingredients</b>  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
<b>M O N</b>	 <b>Beef Tacos w/Toppings</b> <b>WW Flour Tortilla Shells</b> <b>Cream Corn &amp; Tomato Salsa</b> <b>Fresh Fruit &amp; Homo Milk</b>	<b>Soy Nut Butter</b> <b>Rye Bread</b> <b>Homogenized Milk</b>	cream corn, onion, spices tomato, green & red peppers,	whole wheat flour tortilla shells	ground beef tomato, onions, spices soy cheddar cheese
<b>T U E</b>	 <b>Turkey Loaf</b> <b>WW Bread</b> <b>Green Peas &amp; Carrots</b> <b>Fresh Fruit &amp; Homo Milk</b>	<b>Vegetable Filled</b> <b>Samosa</b> <b>Digestive Biscuit</b> <b>Homogenized Milk</b>	peas, carrots	whole wheat bread	lean ground turkey, egg, bread crumbs,, onion, tomato, vinegar, mustard, lemon, herbs & spices
<b>W E D</b>	 <b>Creamy Tuna Alfredo</b> <b>WW Pasta</b> <b>Colourful Bean Salad</b> <b>Fresh Fruit &amp; Homo Milk</b>	 <b>Veggie Pizza in</b> <b>a Pita</b> <b>Homogenized Milk</b>	cooked green beans, pepper, yellow beans, onion oil and vinegar	whole wheat elbows	tuna, onion, cheese, milk
<b>T H U</b>	<b>Barbecue Chicken</b> <b>Rice Pilaf</b> <b>Cooked Diced Squash</b> <b>Fresh Fruit &amp; Homo Milk</b>	<b>Creamy Hummus</b> <b>Whole Wheat</b> <b>Triscuits</b> <b>Homogenized Milk</b>	diced squash	long grain white, red & brown rice, vegetable stock	oven baked chicken brushed with tomato sauce
<b>F R I</b>	 <b>Tomato Lentil Ragu</b> <b>Cooked Vegetable</b> <b>Rotini Pasta</b> <b>Fresh Fruit &amp; Homo Milk</b>	 <b>Banana</b> <b>Zucchini Banana</b> <b>Bar</b> <b>Homogenized Milk</b>	celery, carrot, garlic, onion, mushroom, tomato sauce zucchini, or peppers or broccoli	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



# choice children's catering menu

**Cycle 1** Toddler week one