



# choice children's catering menu

**Cycle 1**

Toddler week two

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

\*2019 opt 1



made from scratch

\* proud supporter of local products

we make nourishment child's play

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