



choice children's catering menu

Cycle 1

Toddler week three

DAY	 LUNCH	PM SNACK	lunch ingredients  VEGETABLES AND FRUIT	 GRAIN PRODUCTS	 MEAT & ALTERNATIVES
M O N	Multigrain Tilapia Whole Wheat Bread Vegetable Medley Fresh Fruit & Homo Milk	Soy Nut Butter Raisin Bread Homo Milk	potato, carrot, beans, broccoli or cauliflower	ww bread	oven baked tilapia, bread crumbs, herbs & spices
T U E	 Vegetable Egg Fried Rice Cucumber & Tomato Salad Fresh Fruit & Homo Milk	Applesauce Digestive Biscuit Homogenized Milk	cucumber, tomato, diced carrots, peas oil and vinegar	rice herbs and spices	navy bean, egg
W E D	 Hungarian Goulash w/Potato & Carrot Pasta Elbows Fresh Fruit & Homo Milk	Vegetable Filled Samosa Homogenized Milk	onion, green & red pepper, tomato, potato, diced carrots, garlic, basil, oregano	pasta elbows	ground beef
T H U	Chicken Parmigiana Red, White & Brown Rice Pilaf Cooked Veggies & Dip Fresh Fruit & Homo Milk	 Cheesy Veg Dip WW Pita Homogenized Milk	carrots, peppers or broccoli or cauliflower, cucumbers dip :mayo,- egg & oil & spices tomato sauce	red, brown, white rice	oven baked chicken, shredded soy cheese, parmesan cheese
F R I	 WW Spaghetti Bolognese Blanched Carrot and Zucchini Coins & Dip Fresh Fruit & Homo Milk	Banana  Spicy Pumpkin Loaf Homogenized Milk	carrot and zucchini slices dip - egg, oil, vinegar tomato sauce, tomatoes, mushrooms, celery, peppers, onion, herbs & spices	whole wheat spaghetti al dente style	100% lean ground beef

* 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



made from scratch

* proud supporter of local products