



choice children's catering menu

Cycle 1 Toddler 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 & Homogenized Milk	Soy Nut Butter Graham Wafer Homogenized Milk	green peas	rice	oven baked ground chicken balls, tomato, pineapple, cornstarch
T U E	 Cheesy Lentil Sauce with Baby Shells Blanched Hawaiian Coleslaw Fresh Fruit & Homogenized Milk	 Yogurt Spinach Dip Whole Wheat Crackers, Homogenized Milk	shredded carrot, cabbage, creamy coleslaw sauce - egg, vinegar, spices red pepper, mandarins	baby shell pasta	homo milk, shredded cheddar cheese, non-hydrogenated margarine, flour, yellow lentils
W E D	 Homemade Beef Slider WW Bun Peas, Carrots & Squash Fresh Fruit & Homogenized Milk	Cooked Zucchini & Carrot Sticks Creamy Hummus Homogenized Milk	cooked 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 w/ Chick Peas Vegetable Fusili & Cooked Veggie Fresh Fruit & Homogenized Milk	 Apple Peach Compote Baguette Homogenized Milk	peas, tomato, carrot, potato, peppers	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 Cream Corn Fresh Fruit & Homogenized Milk	Banana  Choice's Blueberry Peach Loaf Homogenized Milk	red pepper, green peas, diced tomato, sweet onion cream corn	whole wheat tortilla shells	oven baked boneless chicken breast, chicken stock, soya sauce, onion, cilantro, herbs & spices

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

we make nourishment *child's play*

*2019 opt 1

*water is available as a beverage throughout the day



made from scratch

* proud supporter of local products

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