






**WHOLESONE  
KIDS  
CATERING**

**Our WHOLESOME  
Menu Includes:**

-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

**JINGBAO - NORTH YORK**

Healthy Choices Spring/Summer 2024

**Eat Grow Thrive**

|        | MONDAY                                                                                                                                                                     | TUESDAY                                                                                                                                  | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                                                              | FRIDAY                                                                                                                                                          |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | <p><b>AM Snack</b><br/><b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br/><b>PM Snack</b></p>                             | <p><b>AM Snack</b><br/><b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit<br/><b>PM Snack</b></p>           | <p><b>AM Snack</b><br/><b>Entrée</b> Tomato Halal Beef Mac &amp; Cheese, Green Peas, Fresh Fruit<br/><b>PM Snack</b></p>                           | <p><b>AM Snack</b><br/><b>Entrée</b> Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit<br/><b>PM Snack</b></p>             | <p><b>AM Snack</b><br/><b>Entrée</b> Fish Sticks, Brown Rice, Carrots &amp; Turnips, Fresh Fruit<br/><b>PM Snack</b></p>                                        |
| WEEK 2 | <p><b>AM Snack</b><br/><b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit<br/><b>PM Snack</b></p>                                               | <p><b>AM Snack</b><br/><b>Entrée</b> Butter Chicken, Naan, Green Beans, Fresh Fruit<br/><b>PM Snack</b></p>                              | <p><b>AM Snack</b><br/><b>Entrée</b> Mexican Halal Beef Tacos, Whole Wheat Wrap, Pico de Gallo, Fresh Fruit<br/><b>PM Snack</b></p>                | <p><b>AM Snack</b><br/><b>Entrée</b> Lemon Halal Chicken Drumstick, Whole Wheat Pita Pocket, Carrots and Turnips, Fresh Fruit<br/><b>PM Snack</b></p> | <p><b>AM Snack</b><br/><b>Entrée</b> Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit<br/><b>PM Snack</b></p>                                            |
| WEEK 3 | <p><b>AM Snack</b><br/><b>Entrée</b> Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit<br/><b>PM Snack</b></p> | <p><b>AM Snack</b><br/><b>Entrée</b> Chicken Tikka Stew, Whole Wheat Naan, Broccoli, Fresh Fruit<br/><b>PM Snack</b></p>                 | <p><b>AM Snack</b><br/><b>Entrée</b> BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit<br/><b>PM Snack</b></p> | <p><b>AM Snack</b><br/><b>Entrée</b> Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit<br/><b>PM Snack</b></p>         | <p><b>AM Snack</b><br/><b>Entrée</b> Macaroni and Cheese, Black Bean &amp; Corn Salad, Diced Carrots, Fresh Fruit<br/><b>PM Snack</b></p>                       |
| WEEK 4 | <p><b>AM Snack</b><br/><b>Entrée</b> Turkey Lasagna, Green Beans, Fresh Fruit<br/><b>PM Snack</b></p>                                                                      | <p><b>AM Snack</b><br/><b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit<br/><b>PM Snack</b></p> | <p><b>AM Snack</b><br/><b>Entrée</b> Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit<br/><b>PM Snack</b></p>                | <p><b>AM Snack</b><br/><b>Entrée</b> Whitefish Bowtie Pasta in Rose Sauce, Carrots &amp; Turnips, Fresh Fruit<br/><b>PM Snack</b></p>                 | <p><b>AM Snack</b><br/><b>Entrée</b> Balsamic Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit<br/><b>PM Snack</b></p> |



**Menu Launch Date: April 15, 2024**

**Menu is approved by a  
Registered Dietitian.**




**Milk and/or Water are served  
with lunch and snacks**

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.



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Healthy Choices - Infant/Toddler Spring/Summer 2024

**Eat Grow Thrive**

|        | MONDAY                                                                                                                                                            | TUESDAY                                                                                                                                  | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                                                 | FRIDAY                                                                                                                                                             |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 | <b>AM Snack</b><br><b>Entrée</b> Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit<br><b>PM Snack</b>                             | <b>AM Snack</b><br><b>Entrée</b> Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit<br><b>PM Snack</b>                    | <b>AM Snack</b><br><b>Entrée</b> Tomato Halal Beef Mac & Cheese, Green Peas, Fresh Fruit<br><b>PM Snack</b>                      | <b>AM Snack</b><br><b>Entrée</b> Diced Apricot Halal Chicken, Whole Grain Pasta, Green Beans, Fresh Fruit<br><b>PM Snack</b>             | <b>AM Snack</b><br><b>Entrée</b> Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit<br><b>PM Snack</b>                                                        |
| WEEK 2 | <b>AM Snack</b><br><b>Entrée</b> Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit<br><b>PM Snack</b>                                               | <b>AM Snack</b><br><b>Entrée</b> Butter Chicken, Naan, Green Beans, Fresh Fruit<br><b>PM Snack</b>                                       | <b>AM Snack</b><br><b>Entrée</b> Mexican Halal Beef Tacos, Whole Wheat Wrap, Pico de Gallo, Fresh Fruit<br><b>PM Snack</b>       | <b>AM Snack</b><br><b>Entrée</b> Diced Halal Lemon Chicken, Whole Wheat Pita Pocket, Carrots and Turnips, Fresh Fruit<br><b>PM Snack</b> | <b>AM Snack</b><br><b>Entrée</b> Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit<br><b>PM Snack</b>                                                        |
| WEEK 3 | <b>AM Snack</b><br><b>Entrée</b> Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit<br><b>PM Snack</b> | <b>AM Snack</b><br><b>Entrée</b> Chicken Tikka Stew, Whole Wheat Naan, Broccoli, Fresh Fruit<br><b>PM Snack</b>                          | <b>AM Snack</b><br><b>Entrée</b> Diced BBQ Halal Chicken, Brown Rice, Green Beans, Fresh Fruit<br><b>PM Snack</b>                | <b>AM Snack</b><br><b>Entrée</b> Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit<br><b>PM Snack</b>     | <b>AM Snack</b><br><b>Entrée</b> Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit<br><b>PM Snack</b>                                       |
| WEEK 4 | <b>AM Snack</b><br><b>Entrée</b> Turkey Lasagna, Green Beans, Fresh Fruit<br><b>PM Snack</b>                                                                      | <b>AM Snack</b><br><b>Entrée</b> Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Blanched Baby Carrots, Fresh Fruit<br><b>PM Snack</b> | <b>AM Snack</b><br><b>Entrée</b> Diced Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit<br><b>PM Snack</b> | <b>AM Snack</b><br><b>Entrée</b> Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips, Fresh Fruit<br><b>PM Snack</b>                 | <b>AM Snack</b><br><b>Entrée</b> Diced Halal Balsamic Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans/Peas/Carrots/Corn), Fresh Fruit<br><b>PM Snack</b> |



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