

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.

Wholesome Kids Catering is thrilled to offer our most wholesome menu yet! This Fall/Winter we have created brand new meals and snacks that are packed with wholesome ingredients. Our menus are designed to give kids the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn. Check out some of our amazing menu highlights below!

AM SNACK

Pumpkin Muffin

The cool air and sweet smell of Autumn needs to be celebrated with everyone's seasonable favourite...pumpkin! This delicious muffin is made from Ontario grown pumpkins.

Spelt Ginger Mini Snaps

Our Spelt Ginger Snaps have no preservatives, additives, or trans-fat. They are made with Spelt flour and are low in sugar. The ginger spice makes them the perfect Fall snack!

Oatmeal Squares

Kids will love this crunchy cereal. As a whole grain, oats contain more nutrients than refined grain which makes this a nutritious morning snack!

MEAT ENTRÉE

Chicken & Corn Chowder

A hearty, comforting and creamy soup packed with vegetables to keep kids energized all day long!

Zesty Orange Chicken

Our delicious chicken drumsticks are coated in sweet orange and ginger spice and served with whole grain penne noodles.

Creamy Turkey Broccoli Macaroni & Cheese

A kids classic favourite with a twist! We have added protein rich diced turkey and crunchy broccoli mixed with a white cheddar cheese sauce.

VEGETARIAN ENTRÉE

Winter Veg and Lentil Soup

This hearty soup is packed with Vitamin A, rich carrots and ancient grains. This soup will warm up their bellies and help the kids thrive throughout their busy day.

Three Cheese Bean & Pasta Bake

Made with a deliciously creamy cheese sauce containing a mix of Parmesan, mozzarella and cheddar. Beans are one of the most nutrient-dense foods around so we added them to this tasty dish!

Black Bean Chili

Black beans are prized for their high protein and fiber content. They also contain several key vitamins and minerals such as iron and calcium. This meal is full of nutrition and flavour the kids will love

FISH ENTRÉE

Orange Ginger White Fish Filet

We bake a sustainably wild-caught Pollock filet, marinated with orange, ginger, and spices. We serve this dish with a leafy green salad and artisan roll.

Bruschetta Baked White Fish

Fish is rich in protein and healthy fats that play an important role in brain development. This meal is made with sustainably caught Blue Cod and topped with a fresh tomato mix the kids will love!

White Fish Lasagna

Our classic lasagna recipe is a kids favourite and this season we have added chopped white Basa filet to the mix. This meal will get gobbled up and give kids a chance to explore a new fish recipe.

PM SNACK

Multi-grain Breadsticks

These breadsticks are extra crunchy and the grains make this a high fiber snack. Served with delicious guacamole that gives kids some added healthy fats later in the day.

Whole Wheat Blueberry Currant Biscuit

You have got to try these whole wheat biscuits! They are just the right amount of sweet and make the perfect afternoon snack.

Whole Wheat Lemon Chia Cookie Biscuit

These cookies are made with chia seeds which are packed with antioxidants which can help ward off cold/flu viruses. These soft, citrusy whole wheat cookies are going to be a hit with the kids!

Fall/Winter 2019/20

Our menu includes:



Whole grains, whole wheat and ancient grains



Sustainable and wild-caught seafood



A good variety of plant-based proteins



Locally sourced meats, dairy, produce and grain products



Globally inspired flavours and international dishes



Snacks that are low in sodium and sugar






Fresh, whole fruit served daily

**Eat
Grow
Thrive**



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.



Our menu is developed with kids in mind.

We understand that what goes into kids' food is critical, but only if it is enjoyed and gets eaten. We pack our menu full of the best ingredients and continue to provide new food experiences with exciting flavours, aromas, colours, and textures.

- We serve our meals and snacks family style. This supports positive eating behaviours and encourages kids to try new foods together, without the pressure!
- We make food fun by offering plenty of variety in shape, colour, and texture.
- Our menu follows a 4 week cycle and is repeated 6 times. We know that food exposure is a process; children may not eat something new the first or second time, so we give them plenty of opportunities.

We have developed our most wholesome menu yet!

We continue to focus on simple and nutritious ingredients for growing bodies and minds. The foods kids eat during the day provide them with balanced nutrition to develop, play, learn, and thrive!



Recipes using more whole ingredients



Unique sauces and sides from scratch



Local and seasonal produce when available



Ensuring sodium and sugar content of the foods we serve is appropriate for healthy children

Canada's Food Guide and ODPH Practical Guide have been implemented

Wholesome Kids Catering is committed to following Canada's Food Guide and ODPH Practical guidelines. Some examples of what we are doing include:

- Serving an abundance of vegetables and fruits
- Including whole grain foods more often than refined grains
- Serving a variety of proteins, including more plant-based proteins
- Managing levels of sodium, sugar, and saturated fats in our food



We make Food Safety our top priority!

- We are the only Kids Caterer in Ontario to be HACCP Certified (Hazard Analysis Critical Control Points)
- We accommodate over 100 different food allergies and food restrictions every day
- Our facility is 100% nut free, pork free and shellfish free
- Allergy and dietary replacements are cooked separately by a Nutritionist

**Eat
Grow
Thrive**