



CHILDCARE MENU - FALL/WINTER

Effective October 2022

Substitutions will be made for all dietary restrictions and allergies as needed to provide a meal that is similar to the menu

89 Hartzel Road - Rear of Building
St. Catharines, ON L2P 1N2
905-682-0575 905-394-0575
catering@littleoneslunches.ca

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal with 2% Milk	Low Fat Fruit Yogurt Arrowroot Biscuits	Waffle Fruit Sauce	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>	Breakfast Cereal Fruit Bar
LUNCH	BBQ Chicken Wraps Vegetable Medley Fruit Serving	Kafta Kebob Whole Grain Rice Cooked Carrot Slices Fruit Serving	Meatball Subs Kernel Corn Fruit Serving	Chicken Fingers Seasoned Potatoes Peas and Carrots Fruit Serving	Bowtie Lasagna Cucumber Coins Fruit Serving
PM SNACK	Traditional Humus Whole Wheat Triscuits	Fresh Fruit Garlic Bread Stick	Fresh Cut Veggies "Chris's" Veggie Dip	Tortilla Corn Chips Mild Salsa	Goldfish Crackers Unsweetened Applesauce Dip
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Raisin Bread Buttery Margarine <i>(please advise when more is needed)</i>	Cereal with 2% Milk	Fruit Bagel Cream Cheese Spread	Whole Wheat Texas Toast Fruit Jam	Buttermilk Pancakes with Low Sugar Syrup <i>(please advise when more is needed)</i>
LUNCH	Chicken Burger Vegetables Fruit Serving	Rotini Pasta with Italian Meatballs Vegetables Fruit Serving	Cod Nuggets <i>(sub Chicken Nuggets for Fish Free Centres)</i> Potato Cubes Vegetables Fruit Serving	Tacos Soft Tortilla Wraps Taco Toppings Vegetables Fruit Serving	Honey Garlic Chicken Whole Grain Rice Peas & Carrots Fruit Serving
PM SNACK	Pretzels Vanilla Yogurt Dip	Cheese and Crackers	Tortilla Corn Chips Guacamole	Apple Slices Digestive Cookies	Rice Cake No Nut Butter, Organic Raisins
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar	Low Fat Fruit Yogurt Arrowroot Biscuits	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>	Cereal with 2% Milk	Waffle Fruit Sauce
LUNCH	Chicken Fingers <i>(Plum Sauce advise when more is needed)</i> Whole Grain Rice Vegetables Fruit Serving	Meatballs and Pasta Cucumber Coins Fruit Serving	Seasoned Roast Chicken Flavour Crisp Potatoes Vegetables Fruit Serving	All Beef Burgers Side of Pickles Vegetables Fruit Serving	Mac 'n Cheese Turkey Sausage Garden Salad or Vegetables Fruit Serving
PM SNACK	Goldfish Crackers Unsweetened Applesauce Dip	Fresh Fruit Bear Paw Cookies	Traditional Humus Whole Wheat Triscuits	"Chris's" Spinach Dip Pretzel Bites	Tortilla Corn Chips Mild Salsa
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Wheat Texas Toast Fruit Jam	Cereal with 2% Milk	Raisin Bread Buttery Margarine <i>(advise when more is needed)</i>	Buttermilk Pancakes with Low Sugar Syrup <i>(advise when more is needed)</i>	Fruit Bagel Cream Cheese Spread
LUNCH	Saucy Chicken Bites Whole Grain Rice Peas Fruit Serving	French Toast Turkey Sausage Cucumber Coins Fruit Serving	Meatball Subs Kernel Corn Fruit Serving	Chicken Parmesan in Tomato Sauce on a Bed of Noodles Fruit Serving	Roast Beef in Gravy Potatoes Vegetables Fruit Serving
PM SNACK	Apple Slices Digestive Cookies	Pretzels Vanilla Yogurt Dip	Rice Cake No Nut Butter, Organic Raisins	Cheese and Crackers	Tortilla Corn Chips Guacamole