

# HEALTHY KIDS CATERING

## Winter Lunch Menu Week 1

### Monday

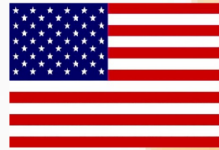
#### Italy



Meat Lasagna with Small Pasta Shapes  
Whole Wheat Garlic Bread  
Garden Salad/Homemade Italian Dressing  
Apples  
Carrot Sticks  
Celery Sticks  
Milk

### Tuesday

#### America



Chicken Nuggets (White meat only)  
Homemade Roast Potatoes  
Whole Wheat Bread  
Oranges  
Carrot Sticks, Celery Sticks, Broccoli Florets  
Milk

### Wednesday

#### Canada



Grilled Fish Fillet (Creamy Sundried Tomato Sauce on side)  
Rice with Vegetables  
Garden Salad with Homemade Dressing  
Carrot Sticks, Celery Sticks  
Fresh Fruit  
Milk

### Thursday

#### Greece



Chicken Souvlaki/Tzatziki Sauce  
Greek Rice  
Whole Wheat Greek Pita  
Canteloupe and/or Honeydew Melon  
Carrot Sticks, Celery Sticks, Green Beans  
Milk

### Friday

#### Italy



Italian Wedding Soup With Mini Meatballs And Pasta  
Jumbo Whole Wheat Cheese Breadsticks  
Pears  
Carrot Sticks, Celery Sticks, Cucumber Slices  
Milk

Modifications will be made for Toddlers. Fresh Vegetables will be steamed and we will not serve vegetables such as celery which poses a choking hazard. This will be substituted with choices such as cucumber, zucchini or peppers.

## MAIN COURSE LUNCH SUBSTITUTIONS

#### Vegetarian

Sauce Made with Textured Vegetable Protein

#### Halal:

Sauce Made with Halal Meat

#### No Dairy:

Soya Cheese

#### Gluten-Free:

Brown Rice Pasta

#### Vegetarian

Vegetarian Soya Nuggets

#### Halal:

Halal Chicken Nuggets

#### No Dairy:

N/A

#### Gluten-Free:

Roast Chicken Drumstick

#### Vegetarian

Stir Fry Soya Strips and Vegetables

#### Halal:

N/A

#### No Dairy:

N/A

#### Gluten-Free:

N/A

#### Vegetarian

Soya "Chicken" Strips

#### Halal:

Halal Chicken Souvlaki

#### No Dairy:

N/A

#### Gluten-Free:

N/A

#### Vegetarian

Vegetable Soup with Tofu Pieces

#### Halal:

Halal Meatballs

#### No Dairy:

N/A

#### Gluten-Free:

Soup made with Brown Rice Pasta and Gluten Free Meatballs

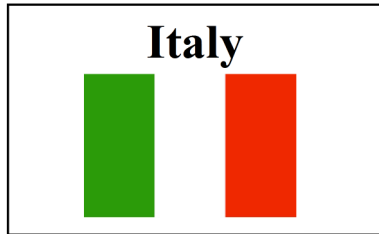
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# HEALTHY KIDS CATERING

## Winter Lunch Menu Week 4

### Monday



### Tuesday



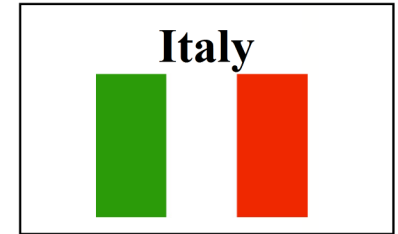
### Wednesday



### Thursday



### Friday



Penne Pasta with Italian Turkey Sausage in Homemade Tomato Sauce  
Baby Field Greens Salad/  
Homemade Citrus  
Vinagrette  
Bananas  
Carrot Sticks  
Celery Sticks  
Milk

Chicken and Vegetable Fajitas/Tortillas  
Tomato and Corn Rice  
Homemade Salsa  
Apples  
Carrot Sticks  
Celery Sticks  
Broccoli Florets  
Milk

Spaghetti with Meat Sauce  
Caesar Salad  
Pears  
Carrot Sticks  
Celery Sticks  
Milk

Tandoori Chicken  
Basmati Rice Pulao with Vegetables  
Whole Wheat Naan  
Oranges  
Carrot Sticks  
Celery Sticks  
Cauliflower Florets  
Milk

Meatball Subs in Whole Wheat Pita Pockets  
Shredded Cheese  
Orzo Salad with Vegetables and Vegetables  
Cantaloupes and/or Honeydew Melon  
Carrot Sticks  
Celery Sticks, Zucchini Rounds  
Milk

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## MAIN COURSE LUNCH SUBSTITUTIONS

**Vegetarian**  
Penne Pasta in Tomato Sauce with Tofu Pieces

**Halal:**  
Penne Pasta in Halal Meat Sauce

**No Dairy:**  
N/A

**Gluten-Free:**  
Brown Rice Penne with Italian Turkey Sausage

**Vegetarian**  
Soya Mock "Chicken" Strips

**Halal:**  
Halal Chicken Strips

**No Dairy:**  
N/A

**Gluten-Free:**  
Corn Tortillas

**Vegetarian**  
Sauce made with Textured Vegetable Protein

**Halal:**  
Halal Ground Beef Sauce

**No Dairy:**  
N/A

**Gluten-Free:**  
Brown Rice Spaghetti

**Vegetarian**  
Tandoori Tofu

**Halal:**  
Halal Chicken

**No Dairy:**  
Chicken Roasted with Tandoori Seasoning only

**Gluten-Free:**  
N/A

**Vegetarian**  
"Meatballs" made with textured Vegetable Protein

**Halal:**  
Halal Meatballs

**No Dairy:**  
N/A

**Gluten-Free:**  
Brown Rice Pasta and Gluten Free Meatballs

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# HEALTHY KIDS CATERING

## Winter Lunch Menu Week 2

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Canada</b> 	<b>China</b> 	<b>Mexico</b> 	<b>America</b> 	<b>Canada</b> 
Macaroni and Cheese Three Beans Salad Apples Carrot Sticks, Celery Sticks, Green Beans Milk	Ginger Chicken Cantonese Noodles with Vegetables Oranges Carrot Sticks, Celery Sticks, Snow Peas Milk	Soft Beef Tacos (Condiments: Cheese, Salsa, Shredded Lettuce.) Rice With Black Beans Cantelopes and/or Honeydew Melon Carrot Sticks Celery Sticks Green Peppers Milk	BBQ Chicken Corn on the Cob Whole Wheat Rolls Bananas Carrot Sticks, Celery Sticks, Broccoli Florets Milk	Orzo Salad with Vegetables and Chick Peas Chicken Noodle Soup Pears Carrot Sticks Celery Sticks Pepper Slices Milk

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### MAIN COURSE LUNCH SUBSTITUTIONS

<u><b>Vegetarian</b></u> N/A  <u><b>Halal:</b></u> N/A  <u><b>No Dairy:</b></u> Macaroni and Meat Sauce <u><b>Gluten-Free:</b></u> Brown Rice Macaroni	<u><b>Vegetarian</b></u> Ginger Tofu  <u><b>Halal:</b></u> Halal Chicken  <u><b>No Dairy:</b></u> N/A <u><b>Gluten-Free:</b></u> Noodles replaced with rice	<u><b>Vegetarian</b></u> Taco filling made with Textured Vegetable Protein  <u><b>Halal:</b></u> Halal Ground Beef  <u><b>No Dairy:</b></u> N/A <u><b>Gluten-Free:</b></u> Corn Tortilla	<u><b>Vegetarian</b></u> Soya Mock "Chicken"  <u><b>Halal:</b></u> Halal Chicken  <u><b>No Dairy:</b></u> N/A <u><b>Gluten-Free:</b></u> N/A	<u><b>Vegetarian</b></u> Vegetable Soup with Tofu Pieces <u><b>Halal:</b></u> Vegetarian Minestone Soup with Beans <u><b>No Dairy:</b></u> N/A <u><b>Gluten-Free:</b></u> Gluten Free Bread Cheddar Cheese Sandwiches and Soup made with Brown Rice Pasta
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# HEALTHY KIDS CATERING

## Winter Lunch Menu Week 3

### Monday

#### Italy



Chicken Meatballs in Tomato Sauce  
Whole Wheat Rotini  
Garden Salad/Homemade French Dressing  
Oranges  
Carrot Sticks  
Celery Sticks  
Milk

### Tuesday

#### America



Quarter Pounder Hamburger  
Whole Wheat Buns  
Homemade Oven Roasted Potato Wedges  
Bananas  
Carrot Sticks, Celery Sticks, Broccoli Florets  
Milk

### Wednesday

#### India



Butter Chicken  
Cumin Rice Pilaf  
Whole Wheat Naan  
Apples  
Carrot Sticks, Celery Sticks, Green Beans  
Milk

### Thursday

#### Jamaica



Jerk Chicken  
Rice and Pigeon Peas  
Tropical Coleslaw with Pineapple  
Fresh Carrot Sticks  
Celery Sticks  
Honeydew and/or Canteloupes Melon  
Milk

### Friday

#### Canada



All Natural,  
No Preservatives,  
No Nitrates  
Deli Turkey Slices on Whole Wheat Baguette  
Vegetarian Minestrone Soup  
Pears  
Carrot Sticks, Celery Sticks, Cucumber Slices  
Milk

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## MAIN COURSE LUNCH SUBSTITUTIONS

#### Vegetarian

Meatballs made with Textured Vegetable Proteins

#### Halal:

Halal Meatballs

#### No Dairy:

N/A

#### Gluten-Free:

Brown Rice Pasta

#### Vegetarian

Veggie Burger

#### Halal:

Halal Burger

#### No Dairy:

N/A

#### Gluten-Free:

N/A

#### Vegetarian

Tofu Pieces in Tomato & Cream Sauce

#### Halal:

Halal Chicken

#### No Dairy:

Chicken Peices in Tomato Sauce

#### Gluten-Free:

N/A

#### Vegetarian

Vegetable and Soya Strips Stir Fry

#### Halal:

N/A

#### No Dairy:

N/A

#### Gluten-Free:

N/A

#### No Fish:

Chicken and Vegetable Stir Fry

#### Vegetarian

Soya Cheese Sandwich

#### Halal:

N/A

#### No Dairy:

N/A

#### Gluten-Free:

All Natural Tuckey Sandwiches on Gluten Free Bread

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