







choice children's catering menu

Cycle 2

Toddler week two

DAY		<p>PM SNACK</p>			
MON	<p>Swedish Meatballs w/Gravy Ancient Grain Pilaf with Quiona Colourful Confetti Salad Fruit Homo Milk</p>	<p>Tomato Salsa Whole Wheat Pita Homo Milk</p>	<p>green peas, red peppers, diced carrot, parsley, celery oil, vinegar, spices, black bean</p>	<p>quiona, barley, brown rice, white rice, vegetable oil, vegetable stock</p>	<p>oven baked ground beef meatballs, beef stock, onion, flour, cornstarch</p>
TUE	<p>Barbecue Chicken Thighs Traditional Cooked Coleslaw Spinach, Tomato, WW Fusili Fruit Homo Milk</p>	<p>Arrowroot Biscuits Soy Nut Butter Homo Milk</p>	<p>shredded carrot and steamed green cabbage creamy dressing mayo, vinegar and spices</p>	<p>spinach, tomato, ww pasta, non hydrogenated margarine</p>	<p>diced oven baked chicken thigh lightly brushed with barbecue sauce</p>
WED	<p>Tuna Sandwiches on WW Assorted Sandwiches on WW Cream of Vegetable Soup</p> <p>Fruit Homo Milk</p> 	<p>Orange Sections Fruit Yogurt Melba Toast</p>	<p>celery, carrots, potato, onions, broccoli, cauliflower, cream, non hydrogenated margarine, flour, vegetable stock, herbs & spices, soup base no msg</p>	<p>whole wheat bagels, honey wheat' oat, multigrain bread 100% whole wheat bread,</p>	<p>egg, tuna, soy cheese - no pepsin, no rennet, turkey, white turkey, chicken bologna, no nut butter, homemade roast beef, cubed chicken mayo - egg & vinegar non hydrogenated marg.</p>
THU	<p>Emma's Vegetarian Chili Basmati Rice Cooked Green Beans</p> <p>Fruit Homo Milk</p> 	<p>Whole Egg Slices Mini WW Bagel 2 % Milk</p>	<p>carrot, celery, tomato ,potato, corn herbs and spices green beans french dressing</p>	<p>basmati rice</p>	<p>navy peas, black beans</p>
FRI	<p>WW Spaghetti with Meat Sauce Steamed Carrot, Zucchini & Cucumber Slices & Dip Fruit Homo Milk</p>	<p>Banana Fresh Baked Carrot Muffin Homo Milk</p>	<p>carrot and cucumber zucchini dip - egg, oil, vinegar spices tomato sauce, tomatoes, mushrooms, celery, peppers, onion, herbs & spices</p>	<p>flour tortilla shell</p>	<p>100% lean ground beef</p>



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*16 opt 1 * water is available as a beverage throughout the day

proud supporter of local products