



CHILD CARE MENU – WEEK 1

89 HARTZEL ROAD
 ST CATHARINES, ON L2P 1N2
 905-682-0575 905-394-0575
 catering@littleoneslunches.ca

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar	Fruit Yogurt Arrowroot Cookies	English Muffin Hard Boiled Egg <i>(sub cheese slice for egg allergy)</i>	Waffle Fruit Serving	Cereal with Milk
LUNCH	Chicken Fingers <i>Chicken Breast Tenders</i> Flavour Crisp Potatoes Baby Carrots Fruit Serving	Mac n Cheese with Hot Dogs <i>All Beef Wiener on a Bun (Ketchup and Mustard supplied upon request)</i> Cucumber Coins Fruit Serving	BBQ Chicken Wraps <i>Soft Tortilla Shells with Grilled Chicken Breast Strips drizzled with Barbeque Sauce</i> Cooked Veggie Fruit Serving	Summer Beef Stew <i>with Potato Cubes, Gravy and Vegetables (seasonal when available)</i> Dinner Bun Fruit Serving	Kafta Kebabs Chicken Kafta Lemon Rice Peas Fruit Serving
PM SNACK	Cheese Cake Snack Honey Graham Wafer Cream Cheese Jam	No Nut Butter Rice Cake Organic Raisins	Spinach Dip Pretzel Bites	Goldfish Crackers Unsweetened Applesauce	Fresh Veggies Ranch Dip

Fresh Fruit and Vegetables are locally sourced whenever possible – Beef and Chicken is locally grown for Little Ones Lunches.
 Milk and/or Water is offered to the children with each snack and meal as per the Child Care Centre’s Nutritional Policy.
 We are a Nut Free, Pork Free Facility, Halal Friendly. Vegetarian/Vegan and Dietary Restrictions are substituted with a meal that is similar to the lunch and/or snack.



DURING COVID-19 ALL FOOD IS DELIVERED IN DISPOSABLE CONTAINERS. OUR DRIVERS WILL NOT ENTER ANY BUILDINGS OR BRING ANYTHING BACK TO THE KITCHEN. COMMITTING TO SAFETY FIRST.