



# CHILD CARE MENU – WEEK 2

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

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b>	Fruit Bagel Buttery Margarine <i>(supplied, please advise when more is needed)</i>	Cereal with Milk	Whole Wheat Texas Toast Fruit Jam	Buttermilk Pancake with Low Sugar Syrup <i>(supplied upon request)</i>	Raisin Bread Cheese Slice
<b>LUNCH</b>	<b>Chicken Burger on a Bun</b> Oven Baked Chicken Breast Burger on a Whole Wheat Bun  Vegetables  <b>Fruit Serving</b>	<b>Meatballs and Pasta</b> <i>Meatballs baked in Pasta Sauce</i> Noodles  Cucumber Coins  <b>Fruit Serving</b>	<b>Chicken Caesar Salad</b> <i>Grilled Chicken Strips</i> <i>Fresh Bed of Lettuce</i> <i>Creamy Caesar Dressing</i>  Cherry Tomatoes  Melba Toast  <b>Fruit Serving</b>	<b>Cold Plate Lunch</b> Sliced Chicken or Turkey Tricolor Fusilli Pasta Salad with Veggies  Bread Selection  <b>Fruit Serving</b>	<b>Cod Nuggets</b> <i>Gluten Free Battered Baked</i> Seasoned Potatoes  Coleslaw <i>with shredded carrots, red cabbage</i> Coleslaw Dressing  <b>Fruit Serving</b>
<b>PM SNACK</b>	Pretzel Twists Vanilla Yogurt Dip	Cheese Chunks Crackers	Tortilla Corn Chips Mild Salsa	Apple Slices Digestive Cookies	Humus Roll Ups <i>(spread humus on soft shell wrap)</i> Cucumber Coins

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.**