



CHILD CARE MENU – WEEK 3

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

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar	English Muffin Hard Boiled Egg <i>(sub cheese slice for egg allergy)</i>	Cereal with Milk	Fruit Yogurt Arrowroot Cookies	Waffle Fruit Serving
LUNCH	Meatball Subs <i>Meatballs simmered in tomato sauce</i> Bun Cooked Veggie Fruit Serving	Honey Garlic Chicken <i>Lightly Breaded Chicken Breast Chunks drizzled with Honey Garlic Sauce</i> Rice Pilaf Fruit Serving	Tacos with Soft Tortilla Wraps <i>Seasoned Ground Beef, Lettuce, Cheese, Salsa, Light Sour Cream Toppings</i> Kernel Corn Niblets Fruit Serving	Chicken Fingers <i>Chicken Breast Tenders</i> Flavour Crisp Potatoes Garden Salad with Dressing Fruit Serving	Burgers All Beef Burger Whole Wheat Bun <i>(ketchup and mustard supplied upon request)</i> Pickle Slices Baby Carrot Sticks Fruit Serving
PM SNACK	Goldfish Crackers Unsweetened Applesauce	Spinach Vegetable Dip Pretzel Bites	Fresh Fruit Bear Paw Cookies	Cheese Cake Snack Honey Graham Wafer Cream Cheese Jam	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.**