



CHILD CARE MENU – WEEK 4

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

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal with Milk	Raisin Bread Cheese Slice	Fruit Bagel *Buttery Margarine <i>*(supplied, advise when more is needed)</i>	Buttermilk Pancake with *Low Sugar Syrup <i>*(supplied upon request)</i>	Whole Wheat Texas Toast Fruit Jam
LUNCH	Chicken Bites <i>Lightly Breaded Chicken Breast Chunks</i> Seasoned Potato Wedges Peas Fruit Serving	Meatballs and Pasta Garden Salad with Dressing Fruit Serving	Turkey Sausage Stir Fry <i>Turkey Sausage Stir Fry Vegetables Whole Grain Rice</i> Fruit Serving	Chicken Parmesan on a Bed of Noodles <i>Chicken Breast, Tomato Sauce, Parmesan Cheese on the side</i> Cucumber Coins Fruit Serving	Beef on a Bun <i>Slow Cooked Roast Beef, sliced and served in gravy</i> Cooked Veggie Fruit Serving
PM SNACK	Apple Slices Digestive Cookies	Pretzel Twists Vanilla Yogurt Dip	PJ on a Rice Cake No Nut Butter Jam Rice Cake	Cheese Chunks Crackers	Tortilla Corn Chips Mild Salsa

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.