



LUNCH MENU - FALL/WINTER, 2024

Substitutions will be made for all dietary restrictions and allergies as needed to provide a meal that is similar to the menu.
 Fresh fruits and vegetables are purchased locally when available. We are a Nut Free, Pork Free, Gelatin Free Facility and Halal Friendly.
 Fresh fruit is to be available at each meal and snack. Milk and water offered at mealtimes

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	BBQ Chicken Wraps <i>(Soft Tortilla Wrap, Grilled Chicken drizzled with Barbecue Sauce)</i> P.E.I. Mixed Vegetables Fruit Serving	Meatballs and Pasta Garden Salad <i>(Depending on availability, salad dressing supplied, advise when more is needed)</i> or Cooked Vegetables Fruit Serving	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Diced Potatoes Green Beans Fruit Serving	Teriyaki Beef Stir-fry Rice Pilaf <i>(Whole Grain Rice with Peas and Carrots)</i> Fruit Serving	Hearty Chicken Noodle Soup <i>(Chicken Breast Chunks, simmered in Chicken Broth, Noodles, Vegetables)</i> Crackers Fruit Serving
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Chicken Burger Cooked Carrot Slices Fruit Serving	Cod Nuggets Baked Potato Fries Green Beans Fruit Serving	Ravioli <i>(Stuffed pockets of Pasta sauteed in Tomato Sauce)</i> Kernel Corn Fruit Serving	Kafta Kebob Whole Grain Rice Cucumber Coins Fruit Serving	Homestyle Beef Stew <i>(Slow simmered Stewing Beef, Potatoes and Vegetables)</i> Bread Serving Fruit Serving
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Turkey Meatball Subs P.E.I Mixed Vegetables Fruit Serving	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Diced Potatoes Peas Fruit Serving	Mac 'n Cheese Turkey Sausage Coquettes Garden Salad <i>(Depending on availability, salad dressing is supplied, advise when more is needed)</i> or Cooked Vegetables Fruit Serving	Shepherds Pie <i>(Seasoned Lean Ground Beef, Mixed Vegetables, Mashed Potatoes)</i> Fruit Serving	Hearty Chicken Noodle Soup <i>(Chicken Breast Chunks, simmered in Chicken Broth, Noodles, Vegetables)</i> Crackers Fruit Serving
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Beef Ribette on a Bun Corn Niblets Fruit Serving	Breaded Chicken Breast Bites <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Baked Potato Fries Peas Fruit Serving	Swedish Meatballs Whole Grain Rice Normandy Vegetables Fruit Serving	Chicken Parmesan <i>(Breaded Chicken Breast covered in a Marinara Sauce on a Bed of Noodles. Parmesan Cheese on the side)</i> Cucumber Coins Fruit Serving	Roast Beef in Gravy Red Skin Potatoes Cooked Vegetables Bread Serving Fruit Serving