

FALL/WINTER MENU - Effective October 5th

Substitutions will be made for all dietary restrictions & allergies as needed to provide a meal that closely resembles the menu.
Fresh fruits and vegetables are purchased locally whenver available.
Fresh fruit is available daily. Milk and water are offered at mealtimes.
We are a Nut-Free, Pork-Free, Gelatin-Free facility and are Halal-friendly.
**** Ours meals comply with ODPH, Ontario Dietitians Public Health & Canada's Food Guide****

89 Hartzel Road - Rear of Building
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 & Orange Slices	Fruit Cobbler Waffles topped with Fruit	English Muffin Hard Boiled Egg *(Sub cheese for Egg Free Centres)*	Whole Wheat Texas Toast & Jam	Maryellens Homemade Muffins with Seasonal Fruits
LUNCH	BBQ Chicken Wraps *(Soft Tortilla Wrap, Grilled Chicken drizzled with Barbecue Sauce)* P.E.I. Mixed Vegetables Fruit Serving	Meatballs and Pasta Garden Salad *(Salad dressing is available upon request)* or Cooked Vegetables Fruit Serving	Chicken Fingers *(Plum Sauce is available upon request)* Diced Potatoes Peas & Carrots Fruit Serving	Our Chef's Hearty Chicken Noodle Soup with Mixed Vegetables Crackers Fruit Serving	All Beef Hamburger Served on a Bun (Mustard ,Ketchup,Pickles, available upon request) Corn Fruit Serving
PM SNACK	Traditional Hummus Pretzels	Arrowroot Biscuits Yogurt cup	Garlic Parm Breadsticks with Pizza Dipping Sauce	Tracy's Trail Mix *(Assorted finger snacks and dried fruit)*	Cucumber Coins Digestive Cookies



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WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fruit & Grain Morning Rounds	Buttermilk Pancakes *(Low Sugar Syrup supplied upon request)*	Cereal with 2% Milk	Whole Wheat Bagel with Cream Cheese	Yogurt Parfait *(Vanilla Yogurt, Bran-buds, and Fruit)*
LUNCH	Fish N' Chips Fish Sticks/Baked Potato Fries Peas Fruit Serving	Teriyaki Meatballs on a Bed of Noodles California Mix Fruit Serving	Baked Turkey Patty Whole Grain Rice Sliced Carrots Fruit Serving	Breaded Chicken Burger Served on a Bun (Mayo upon request) Mixed Veg Fruit Serving	Bowtie Lasagna (lean ground beef,noodles, pasta sauce,shredded cheese) Cucumber Coins Fruit Serving
PM SNACK	Goldfish Crackers Unsweetened Applesauce	PB & J Rice Cakes No Nut Butter & Jam	Naan Dippers Salsa	Apples & Cheese Squares	Cheese Strings Mini Crossiant

CHILDCARE FALL/WINTER MENU - Effective October 5th

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Fresh fruWe are a Nut-Free, Pork-Free, Gelatin-Free facility and are Halal-friendly
it is available at every meal and snack. Milk and water are offered at mealtimes.
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WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar & Orange slices	Whole Wheat Texas Toast Fruit Jam	English Muffin Hard Boiled Egg *(Sub cheese for Egg Free Centres)*	Cereal with 2% Milk	Maryellens Homemade Muffins with Seasonal Fruit added
LUNCH	Sweet 'N Sour Chicken Whole Grain Rice Sliced Carrots Fruit Serving	Chefs Paul's Homemade Mac N' Cheese with BBQ'd Chicken Sausage Bites Cucumber Coins Fruit Serving	Beef Ribette on a Bun Corn Niblets Fruit Serving	Homemade Minestrone Soup (Mini 4- Cheese Tortelloni,Beans, Mixed Vegetables) Crackers Fruit Serving	Chicken Fingers *(Plum Sauce is available upon request)* Diced Potatoes Peas & Carrots Fruit Serving
PM SNACK	Apple Slices Digestive Cookies	Traditional Hummus Pretzels	Ritz Cracker with No Nut Butter	Tracy's Trail Mix *(Assorted finger snacks and dried fruit)*	Make Your Own Pizza (English muffin,shredded cheese, pizza sauce)

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WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Whole Wheat Texas Toast Fruit Jam	Buttermilk Pancakes with Low Sugar Syrup *(Low Sugar Syrup upon request)*	Cereal with 2% Milk	Raisin Bread Buttery Margarine *(Buttery Margarine upon request)*	Yogurt Parfait *(Vanilla Yogurt, Bran-buds, and Fruit)*
LUNCH	Fish N' Chips Fish Sticks/Baked Potato Fries Peas Fruit Serving	Teriyaki Meatballs on a Bed of Noodles California Mix Fruit Serving	Breaded Chicken Burger Served on a Bun (Mayo upon request) Mixed Veg Fruit Serving	Baked Turkey Patty Whole Grain Rice Sliced Carrots Fruit Serving	LOL Lunch FavouriteTacos *(seasoned lean ground beef, soft wraps, toppings shredded lettuce, tex mex cheese, sour cream, salsa)* Corn Niblets Fruit Serving
PM SNACK	Homemade Dip with Naan Dippers	Goldfish Crackers Unsweetened Applesauce	Fruit Roll-Up *(Soft Tortilla Wrap with Cream Cheese and Fruit Jam)*	Cheese Strings Mini Crossiant	Nacho Salsa