

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal, Milk	Apple Cinnamon Flatbread, Applesauce	Banana Oat Bites	Corn Flakes Cereal, Milk	Organic Whole Wheat Summer Berry Muffin
HEALTHY BALANCE Entrée	Peach BBQ Chicken Drumstick, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit	Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit	Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit	Coconut, Kale and Chickpea Stew, Brown Rice, Green Beans, Fresh Fruit	Panko Crusted Lemon Pepper Fish Filet, Artisan Bread, Leafy Greens Salad, Balsamic Dressing, Fresh Fruit
PM Snack	Pita Crackers, Cheese Curds	Organic Whole Wheat Banana Oatmeal Cookie, Orange	Whole Wheat Apple Beet Loaf, Apple	Whole Wheat Wrap, Cheddar Cheese Slice	Whole Grains Cereal Trail Mix, Pear

*All meals and snacks are 100% nut-free, shellfish-free and pork-free

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Shreddies Cereal, Milk	Organic Whole Grain Berry Granola Minis	Peach Yogurt, Whole Grain Pumpkin Seed Granola	Organic Whole Wheat Banana Muffin	Rice Krispies Cereal, Milk
HEALTHY BALANCE Entrée	Korean Bulgogi (Tofu, Zucchini, Snap Peas, Eggplant, Peppers), Whole Grain Pasta, Corn and Peas, Fresh Fruit	Cuban Picadillo (Beef, Peppers, Tomato, Potato), Whole Wheat Mini Pita, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	White Fish Macaroni and Cheese, Green Beans, Fresh Fruit	Lentil and Vegetable Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit	Moroccan (Chickpeas, Zucchini) Chicken Drumstick, Brown Rice, Leafy Greens Salad, Italian Dressing, Fresh Fruit
PM Snack	Whole Grain Harvest Seed Crackers, Baby Carrots	Banana Oatmeal Bar, Grape Tomatoes	Whole Wheat Focaccia Bread, Bruschetta	Whole Wheat Zucchini Carrot Loaf, Orange	Spice Snaps, Banana

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We have developed our healthiest most **WHOLESOME** menu yet!



Our WHOLESOME Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.



	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal, Milk	Whole Wheat Mini Bagel, Berry Applesauce	Organic Whole Wheat Blueberry Bran Muffin	Corn Flakes Cereal, Milk	Whole Grain Cereal Trail Mix, Kiwi
HEALTHY BALANCE Entrée	Beef Burger, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	Red Lentil Curry, Brown Rice, Green Beans, Fresh Fruit	Lemon Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit	Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Peas, Fresh Fruit	Turkey Salad (Cold), Whole Wheat Pita Pocket, Cheddar Cheese, Leafy Greens Salad, French Dressing, Fresh Fruit
PM Snack	Apple Granola Round, Orange	Hardboiled Egg, Whole Wheat Pita Pocket	Whole Wheat Lemon Cranberry Loaf, Baby Carrots	Soda Crackers, Guacamole	Cinnamon Snaps, Cheese Curds

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Shreddies Cereal, Milk	Vanilla Yogurt, Whole Grain Pumpkin Seed Granola	Whole Grain Thin Bagel, Apple Butter	Organic Whole Wheat Lemon Blueberry Muffin	Rice Krispies Cereal, Milk
HEALTHY BALANCE Entrée	Teriyaki Chicken Drumstick, Brown Rice, Vegetables (Broccoli, Green Beans, Carrots, Red Pepper, Mushrooms), Fresh Fruit	Beef and Mushroom Whole Grain Pasta, Green Beans, Fresh Fruit	Chicken and Tofu Casserole, Coconut Rice, Paradise Mixed Vegetables (Green Beans, Yellow and Orange Carrots), Fresh Fruit	Garden Vegetable and Bean Soup, Whole Wheat Mini Pita, Leafy Greens Salad, Italian Dressing, Fresh Fruit	Wild Caught Alaskan Pollock Burger, Whole Grain Bun, Corn and Peas, Fresh Fruit
PM Snack	Round Wheat Crackers, Hummus	Hardboiled Egg, Whole Wheat Tomato Basil Wrap	Whole Wheat Banana Pineapple Loaf, Cheese Curds	Apple Oatmeal Cookie, Baby Carrots	Whole Wheat Cheddar Cheese Sandwich

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We have developed our healthiest most **WHOLESONE** menu yet!



Our WHOLESONE Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.



Our WHOLE SOME Menu Includes:

- Simple, wholesome ingredients for growing bodies and minds.
- Meals and snacks using municipal, provincial and national nutritional guidelines.
- Food kids love to eat.

Packed Lunch Menu

	Monday		Tuesday		Wednesday		Thursday		Friday	
	A	B	A	B	A	B	A	B	A	B
WEEK 1	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Chicken Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes and Apple Granola Round	Egg Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes, Apple Granola Round	Turkey Salad on Whole Wheat Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Chicken Salad on Whole Wheat Tomato Basil Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Roast Beef in Whole Wheat Pita served with Cheese, Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Light Tuna Salad on Ciabatta Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 2	Chicken Salad on Whole Wheat Tomato Basil Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Turkey on Whole Wheat Bread served with Lettuce, Cheese, Pear, Carrots and Spice Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Carvery Roast Beef on Whole Wheat Wrap served with Cheese, Lettuce, Apple, Carrots, Spice Snaps	Egg Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Turkey Salad on Whole Wheat Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Light Tuna Salad on Ciabatta Bun served with Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Orange, Carrots and Cinnamon Snaps
WEEK 3	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Apple, Carrots and Spice Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Chicken Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes and Apple Granola Round	Egg Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes, Apple Granola Round	Turkey Salad on Whole Wheat Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Chicken Salad on Whole Wheat Tomato Basil Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Roast Beef in Whole Wheat Pita served with Cheese, Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Light Tuna Salad on Ciabatta Bun served with Lettuce, Apple, Carrots and Spice Snaps
WEEK 4	Chicken Salad on Whole Wheat Tomato Basil Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Turkey on Whole Wheat Bread served with Lettuce, Cheese, Pear, Carrots and Spice Snaps	Carvery Turkey on Whole Wheat Sub Bun served with Lettuce, Apple, Carrots and Spice Snaps	Carvery Roast Beef on Whole Wheat Wrap served with Cheese, Lettuce, Apple, Carrots, Spice Snaps	Egg Salad in Whole Wheat Pita served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Turkey Salad on Whole Wheat Wrap served with Cheese, Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Light Tuna Salad on Ciabatta Bun served with Lettuce, Pear, Carrots and Whole Grain Seed Crackers	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce, Orange, Grape Tomatoes and Cinnamon Snaps	Cheddar Cheese on Whole Wheat Bread served with Lettuce, Orange, Carrots and Cinnamon Snaps

BBQ Lunch Available!
(Centre Prepared BBQ Lunch)
Packed in bulk.



Choose from: • **Beef Burger** • **Chicken Hot Dog**
Served with Whole Wheat bun, relish & veggie sticks. Hamburgers & hot dogs come pre-cooked and frozen. Meals are priced the same as your packed lunch.



**Eat
Grow
Thrive**

