



CHILDCARE MENU - 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

89 Hartzel Road - Rear of Building
St. Catharines, ON L2P 1N2
905-682-0575 905-394-0575
catering@littlesonlunches.ca

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal with 2% Milk	Waffle Fruit Sauce	Fresh Baked Breakfast Muffin	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>	Breakfast Cereal Fruit Bar
LUNCH	Kafta Kebob Whole Grain Rice Cooked Carrot Slices Fruit Serving	French Toast <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i> Turkey Sausage Baked Beans Fruit Serving	Meatballs and Pasta Garden Salad Fruit Serving	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Seasoned Potatoes Cooked Vegetables Fruit Serving	Bowtie Lasagna Cucumber Coins Fruit Serving
PM SNACK	Traditional Humus Whole Wheat Triscuits	Goldfish Crackers Unsweetened Applesauce	Honey Graham Crackers No Nut Butter	Fresh Fruit Mini Croissants	Spinach Dip with Pumpernickel Bread
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Raisin Bread Buttery Margarine <i>(please advise when more is needed)</i>	Buttermilk Pancakes <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i>	Whole Wheat Texas Toast Fruit Jam	Fresh Orange Slices Arrowroot Biscuits	Cereal with 2% Milk
LUNCH	Cod Nuggets <i>(sub Chicken Nuggets for Fish Free Centres)</i> Baked Potato Fries Vegetables Fruit Serving	Rotini Pasta with Italian Meatballs Garden Salad Fruit Serving	Honey Garlic Chicken Whole Grain Rice Peas and Carrots Fruit Serving	Chili Con Carne Side of Crackers Fresh Fruit	Chicken Parmesan on a Bed of Noodles Cucumber Coins Fruit Serving
PM SNACK	Bear Paw Cookies Fresh Fruit	Cheese and Crackers	Mexicano Corn Chips Guacamole <i>(sub salsa when requested)</i>	Pretzels Yogurt Cup	Pizza Squares



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breakfast Cereal Fruit Bar	English Muffin Hard Boiled Egg <i>(sub cheese for Egg Free Centres)</i>	Waffle Fruit Sauce	Fresh Baked Breakfast Muffin	Whole Wheat Texas Toast Fruit Jam
LUNCH	Hot Chicken Sandwich <i>(Roast Chicken, Gravy, Bread Slice)</i> Peas Fruit Serving	Meatballs and Pasta Garden Salad Fruit Serving	Chicken Burger Vegetables Fruit Serving	Mac 'n Cheese Turkey Sausage Cucumber Coins Fruit Serving	Roast Beef in Gravy Diced Potatoes Cooked Vegetable Fruit Serving
PM SNACK	Honey Graham Crackers No Not Butter	Fresh Fruit Mini Croissants	Spinach Dip with Pumpernickel Bread	Goldfish Crackers Unsweetened Applesauce	Traditional Plain Humus Whole Wheat Triscuits
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Bagels and Cream Cheese	Cereal with 2% Milk	Raisin Bread Buttery Margarine <i>(Buttery Margarine supplied upon request, please advise when more is needed)</i>	Buttermilk Pancakes with Low Sugar Syrup <i>(Low Sugar Syrup supplied upon request, please advise when more is needed)</i>	Breakfast Cereal Fruit Bar
LUNCH	Chicken Bites <i>(Breaded Chicken Breast Chunks)</i> Whole Grain Rice Peas Fruit Serving	Rotini Pasta with Italian Meatballs Garden Salad Fruit Serving	Chicken Fingers <i>(Plum Sauce is available upon request, please advise when more is needed)</i> Seasoned Potatoes Cooked Vegetables Fruit Serving	Sloppy Joes on a Bun Corn Fruit Serving	Chicken with Broccoli Baby Shells in an Alfredo Sauce <i>(sub Pasta Sauce for Dairy Free)</i> Fruit Serving
PM SNACK	Apple Slices Digestive Cookies	Cheese and Crackers	Pretzels Yogurt Dip	Tortilla Corn Chips Salsa	Pizza Squares