



**WHOLESOME
KIDS
CATERING**

ALLERGEN GUIDE - Week 1

Spring / Summer 2022

Healthy Balance Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'n Tenders
	Brown Rice	Rice						
	Peas and Corn	Corn / Green Pea						
	Plum Sauce	Plum / Pumpkin / Apricot						
PM	Organic Whole Grain Mini Ginger Snaps	Spelt / Barley		Gluten Free Oatmeal Cookie				
AM	Organic Mixed Berry Granola Minis	GF Oats / Currants / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
Tuesday	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Whole Grain Bun	Wheat		Rice Bun				
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper						
PM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Oatmeal Cookie				
AM	Organic Oatmeal Apple Cookie	Apple / Oats / Wheat		Gluten Free Oatmeal Cookie				
Wednesday	Egg Patty	Egg / Dairy	Chicken Burger		Chicken Burger	Vegetarian (Soy) Chick'nTenders		
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Green Peas	Green Pea						
PM	Whole Wheat Breadsticks / Cheddar Cheese Cubes	Wheat / Barley / Spelt / Rice / Dairy	Salsa	Gluten Free Corn Crackers		Salsa		
AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Pumpkin Muffin				
Thursday	BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				Vegetarian (Soy) BBQ Chick'n	Vegetarian (Soy) BBQ Chick'n	Halal BBQ Chicken
	Brown Rice	Rice						
	California Vegetables	Broccoli / Carrot / Cauliflower						
PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	Wheat / Oats / Dairy	Carvery Chicken	Rice Bread		Hummus		
AM	Whole Grain Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Friday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'nTenders		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Green Beans	Green Bean						
PM	Whole Wheat Apple Cinnamon Loaf	Apple / Wheat / Flaxseed		Gluten Free Oatmeal Cookie				

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**ALLERGEN GUIDE - Week 2
Spring / Summer 2022**

Healthy Balance Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
Monday	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
	Whole Grain Bun	Wheat		Rice Bun				
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Oatmeal Banana Cookie / Baby Carrots	Oats / Banana / Wheat / Carrot		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Rice Cake	Rice Cake	Rice Cake	Rice Cake		
Tuesday	Beef Taco	Onion / Beef / Tomato / Pepper				Beef Style Taco	Beef Style Taco	Halal Beef Taco
	Shredded Cheese / Salsa	Dairy / Tomato / Pepper	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Green Beans	Green Bean						
PM	Organic Whole Grain Mini Lemon Snaps	Poppy / Citrus / Spelt / Barley		Gluten Free Oatmeal Cookie				
AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Wednesday	Butter Chicken	Chicken / Potato / Onion / Dairy / Tomato	Butter Chicken in Tomato Sauce			Vegetarian (Soy) Butter Chick'n in Tomato Sauce	Vegetarian (Soy) Butter Chick'n in Tomato Sauce	Halal Butter Chicken
	Naan	Wheat		Rice Bread				
	California Vegetables	Broccoli / Carrot / Cauliflower						
PM	Whole Wheat Mini Pitas / Applesauce	Oats / Wheat / Apple		Rice Bread				
AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Pumpkin Muffin				
Thursday	Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Pepper, Parmesan Cheese)	Wheat / Broccoli / Pepper / Kidney Bean / Zucchini / Dairy	Whole Grain Pasta Primavera No Cheese	Gluten Free Pasta Primavera		Whole Grain Pasta Primavera No Cheese		
	Diced Carrots	Carrot						
PM	Organic Apple Granola Minis	GF Oats / Apple / Raisins / Rice / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom		Gluten Free Oatmeal Cookie				
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Peachy Chicken Drumstick	Chicken / Peach				Vegetarian (Soy) Peachy Chick'n	Vegetarian (Soy) Peachy Chick'n	Halal Peachy Chicken
	Brown Rice	Rice						
	Green Peas	Green Pea						
PM	Whole Wheat Mini Bagel	Flaxseed / Rice / Wheat		Rice Bread				

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ALLERGEN GUIDE - Week 3

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Healthy Balance Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Chicken Taco	Chicken / Onion / Pepper / Tomato				Vegetarian (Soy) Chick'n Taco	Vegetarian (Soy) Chick'n Taco	Halal Chicken Taco
	Shredded Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Spice Snap Biscuits / Baby Carrots	Wheat / Dairy / Carrot	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
AM	Whole Grain Cranberry Clusters	Oats / Rice / Berries / Flaxseed / Coconut		Gluten Free Oatmeal Cookie				
Tuesday	Turkey Meatballs in Tomato Sauce	Soy / Turkey / Wheat / Tomato		Diced Turkey in Tomato Sauce		Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce
	Bun	Wheat		Rice Bun				
	Green Peas	Green Pea						
PM	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie				
AM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Pumpkin Muffin				
Wednesday	Creamy Bowtie Pasta with Beef	Onion / Dairy / Beef / Wheat	Bowtie Pasta with Beef in Tomato Sauce	Gluten Free Creamy Bowtie Pasta with Beef		Bowtie Pasta with Beans in Tomato Sauce	Bowtie Pasta with Beans in Tomato Sauce	Creamy Bowtie Pasta with Halal Beef
	Sunshine Vegetables	Green Bean / Carrot						
PM	Whole Wheat Raspberry Loaf / Cucumber Slices	Wheat / Flaxseed / Berries / Citrus / Cucumber		Rice Bread with Apple Butter				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Thursday	Mexican Beans and Rice	Rice / Tomato / Pinto Bean / Kidney Bean						
	Shredded Cheese	Dairy	No Cheese			No Cheese		
	Artisan Bread	Wheat		Rice Bun				
	Broccoli	Broccoli						
PM	Whole Wheat Pita Pocket / Hardboiled Egg	Wheat / Oats / Egg		Rice Bread	Cheese Curds	Hummus		
AM	Organic Whole Wheat Carrot Muffin	Carrot / Wheat / Apple / Flaxseed		Gluten Free Pumpkin Muffin				
Friday	Roasted Apple Chicken Drumstick	Chicken / Apple				Vegetarian (Soy) Apple Chick'n	Vegetarian (Soy) Apple Chick'n	Halal Apple Chicken
	Brown Rice	Rice						
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
PM	Whole Wheat Mini Bagel / Cheddar Cheese Curds	Wheat / Flaxseed / Rice / Dairy	Egg	Rice Bread		Hummus		

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ALLERGEN GUIDE - Week 4

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Healthy Balance Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
Monday	Creamy Coconut Turkey Stew	Turkey / Onion / Potato / Coconut / Tomato				Beef Style Coconut Stew	Beef Style Coconut Stew	Halal Beef Coconut Stew
	Brown Rice	Rice						
	Turnips and Carrots	Turnip / Carrot						
PM	Whole Wheat Crackers / Hummus	Wheat / Barley / Chickpea		Corn Crackers				
AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Tuesday	Homemade Beef Barley Soup	Beef / Barley / Onion / Carrot / Tomato / Celery		Gluten Free Beef Noodle Soup		Bean Barley Soup	Bean Barley Soup	Bean Barley Soup
	Artisan Bread	Wheat		Rice Bread				
	Baby Carrots	Carrot						
PM	Organic Strawberry Granola Bar	GF Oats / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
AM	Whole Wheat Mini Bagel / Apple Butter	Flaxseed / Rice / Wheat / Apple		Rice Bread				
Wednesday	Classic Mac and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Mac and Cheese		Macaroni in Tomato Sauce		
	Bean and Corn Salad	Black Bean / Corn / Quinoa / Onion / Citrus / Pepper						
	Sunshine Vegetables	Green Bean / Carrot						
PM	Whole Wheat Mini Pita / Guacamole	Oats / Wheat / Avocado / Citrus		Rice Bread				
AM	Organic Whole Wheat Fruit and Fibre Muffin	Banana / Apple / Berries/ Wheat		Gluten Free Pumpkin Muffin				
Thursday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Brown Rice	Rice						
	Leafy Greens / Wholesome House Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
PM	Spice Snap Biscuits	Wheat / Dairy	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Carvery Chicken in Gravy	Chicken / Potato				Vegetarian (Soy) Chick'n in Gravy	Vegetarian (Soy) Chick'n in Gravy	Halal Carvery Chicken in Gravy
	Whole Wheat Bread	Wheat		Rice Bread				
	Peas and Corn	Green Pea / Corn						
PM	Whole Wheat Carrot Zucchini Loaf	Carrot / Zucchini / Wheat / Apple / Flaxseed		Rice Bread with Apple Butter				

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