



“Catering with Care since 2004”

Aromas World Kitchen Catering Services
 1-150 Connie Cres., Vaughan, ON, L4K 1L9
 Phone: 905-761-7530
 Fax: 905-761-5246
 E-mail: catering@AromasWorldKitchen.com
 Web: www.AromasWorldKitchen.com

Kinderschool Lunch Menu (for children under six years of age)

*****NO PEANUTS – NO TREE NUTS *****

Aromas World Kitchen has been preparing nutritious & delicious meals for over 12 years. Our commercial catering kitchen located in Concord is routinely inspected by York Region Public Health. We are proud to report that we have always received a “Green Pass”. You can see the most recent inspection report posted on our Facebook Page at: www.Facebook.com/AromasWorldKitchen.

Our Commitment: We only supply healthier food choices. This means:

- no added sugar
- reduced sodium
- no added saturated fat
- all natural ingredients
- no M.S.G., additives, preservatives, artificial flavours or colours
- wholegrains

WEEK 1 (SCHOOL START)

	Monday	Tuesday	Wednesday	Thursday	Friday (vegetarian)
Milk and Milk Products and/or Alternatives (1 serving = 125 – 175 mL)	2% milk	Yogurt	Cheese Cubes	2% milk	Cheese Pizza
Meat and Alternatives (1 serving = 30-60 g)	Boneless & Skinless Roast Chicken (Vegetarian Option: Tofu)	Chicken Quesadillas (Vegetarian Option: Bean Quesadillas)	Beef Burgers (Vegetarian Option: Lentil Mushroom Burgers)	Tuna Salad (Vegetarian Option: Egg Salad)	WOW Butter
Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL)	Penne	Tortilla Wrap	Hamburger Bun	Whole Wheat Bread	High Fibre Pizza Crust
Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Tomato Sauce with vegetables 2) Fresh Fruit Salad	1) Unsweetened Fruit Puree 2) Potato & Egg Salad	1) Coleslaw Vinaigrette 2) Fresh Fruit Salad	1) Quinoa Salad 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot sticks 2) 100% Fruit Juice



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WEEK 2 (SCHOOL START)

	Monday (vegetarian)	Tuesday	Wednesday	Thursday	Friday (vegetarian)
Milk and Milk Products and/or Alternatives (1 serving = 125 – 175 mL)	Plain Yogurt	Cream Cheese & Milk in Sauce	2% milk	Cheese in Baked Macaroni	Cheese Pizza
Meat and Alternatives (1 serving = 30-60 g)	Egg Salad Finger Sandwiches	Fish Florentine (Vegetarian Option: Boiled Egg)	Beef Meatballs in Tomato Sauce (Vegetarian Option: Baked Beans in Tomato Sauce)	Grilled Chicken Breast (Vegetarian Option: Tofu)	Bean Dip
Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL)	Whole Wheat Bread	Rice Pilaf	Spaghetti	4-Cheese Baked Macaroni	High Fibre Pizza Crust
Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Shepherd Salad 2) Unsweetened Fruit Puree	1) Sauteed Spinach & Mushrooms 2) Fruit Salad	1) Broccoli, Cauliflower & Carrots in Tomato Sauce 2) Fruit Salad	1) Peas & Carrots 2) Fruit Salad	1) Cucumber, Celery & Carrot sticks 2) 100% Fruit Juice



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WEEK 3 (SCHOOL START)

	Monday	Tuesday	Wednesday	Thursday (vegetarian)	Friday (vegetarian)
Milk and Milk Products and/or Alternatives (1 serving = 125 – 175 mL)	Cheese	2% milk	Yogurt & Milk in Stroganoff	Cottage Cheese in Pancakes	Cheese Pizza
Meat and Alternatives (1 serving = 30-60 g)	Salmon Salad (Vegetarian Option: Egg Salad)	Grilled Chicken Skewers (Vegetarian Option: Tofu Skewers)	Beef Yogurt Stroganoff (Vegetarian Option: Beans in Tomato Sauce)	Eggs in Pancakes	WOW Butter
Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL)	Whole What Bread	Basil Pasta Salad	Egg Noodles In Mushroom Sauce	Whole Wheat Cottage Cheese Pancakes	High Fibre Pizza Crust
Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Peas & Carrots 2) Fresh Fruit Salad	1) vegetables in pasta salad 2) Fresh Fruit Salad	1) Mushrooms & Green Beans 2) Fresh Fruit Salad	1) Baked Organic Sweet Potato Fries 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot Sticks 2) 100% Fruit Juice



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WEEK #4 (SCHOOL START)

	Monday (vegetarian)	Tuesday	Wednesday	Thursday	Friday (vegetarian)
Milk and Milk Products and/or Alternatives (1 serving = 125 – 175 mL)	Yogurt	cream cheese plus milk in sauce	2% milk	cheese in Tortellini	Cheese Pizza
Meat and Alternatives (1 serving = 30-60 g)	Bean Salad	Cheesy Tuna Pasta (Vegetarian Option: Boiled Eggs)	Stir-fried Ginger Chicken & Vegetables (Vegetarian Option: Tofu)	Veal in Rose Sauce (Vegetarian Option: Chickpeas)	Hummus
Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL)	Brown Rice Cakes	Rotini	Rice Pilaf	Cheese Tortellini	High Fibre Pizza Crust
Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Shepherd Salad 2) Unsweetened Fruit Puree	1) Fresh Fruit Salad 2) Peas & Carrots	1) Fresh Fruit Salad 2) Vegetables in Stir-fry	1) Tomato Sauce 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot Sticks 2) 100% Fruit Juice