



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

“Catering with Care since 2004”

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
- whole grains

WEEK #1

| | Monday (vegetarian) | Tuesday | Wednesday | Thursday | Friday (vegetarian) |
|---|--|---|---|---|--|
| Milk and Milk Products and/or Alternatives (1 serving = 125 - 175 mL) | Plain Yogurt | 2% milk | 2% milk | Cheese | Cheese Pizza |
| Meat and Alternatives (1 serving = 30-60 g) | Egg Salad Finger Sandwiches | Boneless & Skinless Roast Chicken (Vegetarian Option: Tofu) | Beef & Barley Stew (Vegetarian Option: Minestrone Soup) | Tuna Salad (Vegetarian Option: Cucumber & Hummus) | WOW Butter |
| Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL) | Whole Wheat Bread | Penne | barely/pasta in soups & Crackers | Whole Wheat Bread | High Fibre Pizza Crust |
| Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL) | 1) Mushroom Soup 2) Unsweetened Fruit Puree | 1) Tomato Sauce with vegetables 2) Fresh Fruit Salad | 1) mixed vegetables in soups 2) Fresh Fruit Salad | 1) Boiled Vegetables 2) Warm Fruit Compote | 1) Cucumber, Celery & Carrot sticks 2) 100% Fruit Juice |



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WEEK #2

| | Monday | Tuesday | Wednesday | Thursday | Friday (vegetarian) |
|--|---|--|--|---|--|
| Milk and Milk Products and/or Alternatives (1 serving = 125 - 175 mL) | 2% milk | Cream Cheese & Milk in Sauce | Yogurt | Cheese in Baked Macaroni | Cheese Pizza |
| Meat and Alternatives (1 serving = 30-60 g) | Baked Chicken & Broccoli Bistro Bun (Vegetarian Option: Bean Empanada) | Fish Florentine (Vegetarian Option: Boiled Eggs) | 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) | bun | Brown 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) Fresh Fruit Salad 2) Vegetable Soup | 1) Sauteed Spinach & Mushrooms 2) Fresh Fruit Salad | 1) Broccoli 2) Unsweetened Fruit Puree | 1) Peas & Carrots 2) Fresh Fruit Salad | 1) Cucumber, Celery & Carrot sticks 2) 100% Fruit Juice |



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WEEK #3

| | 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: Cucumber & Hummus) | Chicken Noodle Soup (Vegetarian Option: Minestrone) | Beef Yogurt Stroganoff (Vegetarian Option: Tofu Stroganoff) | Eggs in Pancakes | WOW Butter |
| Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL) | Whole What Bread | Noodles in Soup & Crackers | 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) Edamame 2) Warm Fruit Compote | 1) Vegetables in soup 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

| | Monday (vegetarian) | Tuesday | Wednesday | Thursday | Friday (vegetarian) |
|---|---|--|--|---|--|
| Milk and Milk Products and/or Alternatives (1 serving = 125 - 175 mL) | Cheese | cream cheese plus milk in sauce | Yogurt | Cheese in Tortellini & Milk in Rose Sauce | Cheese Pizza |
| Meat and Alternatives (1 serving = 30-60 g) | Split-pea Soup | Cheesy Tuna Pasta (Vegetarian Option: Boiled Eggs) | Turkey & Wild Rice Stew (Vegetarian Option: Minestrone Soup) | Veal in Rose Sauce (Vegetarian Option: Chickpeas in Tomato Sauce) | Hummus |
| Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL) | Brown Rice Cakes | Rotini | Rice in stew plus Crackers | Cheese Tortellini | High Fibre Pizza Crust |
| Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL) | 1) Vegetables in soup 2) Fresh Fruit Salad | 1) Fresh Fruit Salad 2) Peas & Carrots | 1) Fruit Puree 2) Vegetables in Soup | 1) Tomato Sauce 2) Fresh Fruit Salad | 1) Cucumber, Celery & Carrot Sticks 2) 100% Fruit Juice |