



6801 Hagar Ave. Niagara Falls, ON L2G 5M5  
 905-357-8051  
 info@healthyrootscatering.ca  
 www.healthyrootscatering.ca

## Healthy Roots Catering Fall/Winter Menu: SAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Homemade "Apple Pie" Cookie  Yogurt	Homemade Cinnamon Toast  Fresh Fruit	Homemade Egg Bites (with hidden vegetables)  Fresh Fruit	Yogurt with Homemade Granola  Fresh Fruit	Hard Boiled Egg  Homemade Fruit Sauce
<b>Lunch</b>	Homemade Hidden Veggie Mac and Cheese  Peas or Beans  Fresh Fruit	Homemade Turkey Soup (with vegetables)  Dinner Roll  Fresh Fruit	Chicken Drumsticks  Potatoes (mashed or wedges)  Cooked Vegetables  Fresh Fruit	Fish Sticks  Rice  Green Beans  Fresh Fruit	Homemade Sloppy Joes (with hidden veggies)  Served on a fresh bun, with shredded cheese (optional)  Peas or Broccoli  Fresh Fruit
<b>PM Snack</b>	Homemade Granola Bites  Fresh Fruit	Homemade Seasonal Muffin (with hidden vegetables)  Fresh Fruit	Pita Wedges (served with homemade spinach dip)  Cucumber Slices	Whole Wheat Crackers  Cubed Cheese	Homemade Spinach Chocolate Muffin  Fresh Fruit

*We are a nut free, pork free, shellfish free facility that is Halal, vegetarian and vegan friendly. We willingly accommodate allergies and dietary restrictions by offering alternative meals and snacks that are as similar as possible to those listed on our menu. The menu may be altered from time to time, depending on supplier availability; each facility will be notified of these changes.*

*\*\*Our menus comply with guidelines and recommendations outlined by the CCEYA (Ministry of Education), Canada's Food Guide and Ontario Dieticians in Public Health (ODPH). Water is made available to children during lunch and snack times, and throughout the day as needed. \*\**



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