



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

Healthy Roots Catering Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Homemade Overnight Oats Fresh Fruit	Homemade French Toast Strips Fresh Fruit	Homemade Egg Bites (With Spinach and Cheese) Whole Grain English Muffin	Yogurt Homemade Granola Served With Fresh Fruit	Homemade Breakfast Wrap (With Eggs, Cheese) Fresh Fruit
Lunch	Falafel (chickpea based) Served with Hummus Whole Wheat Pita Cucumbers Fresh Fruit	Homemade Turkey Burger (Served on a Whole Wheat Bun) Homemade Sweet Potato Wedges Peas or Beans Fresh Fruit	Chickpea/Lentil Pasta served with Homemade Meatballs and Sauce (packed with hidden veggies!) Cesar Salad Fresh Fruit	Homemade Fish Nuggets Whole Grain Rice Steamed Broccoli Fresh Fruit	Chicken Sandwich (using real slices of chicken) Served on Whole Wheat Bread Served with cheese, lettuce and ranch sauce Cooked Carrots Fresh Fruit
PM Snack	No-Nut Butter Banana Wrap	Raw Veggies with Hummus Whole Grain Pita Strips	Homemade Carrot Muffin (No Refined Added) Cubed Cheese	Homemade Cheese Bun Cucumber Slices	Homemade Oatmeal "Apple Pie" Cookie (No Refined Sugar) 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. ***