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Healthy Roots Catering Fall/Winter: Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Homemade "Apple Pie" Cookie Yogurt	Homemade Cinnamon Toast Fresh Fruit	Homemade Egg Bites (with hidden vegetables) Fresh Fruit	Yogurt with Homemade Granola Fresh Fruit	English Muffin (served with jam) Hard Boiled Egg
Lunch	Tomato Soup Homemade Grilled Cheese Rolls Cucumbers Fresh Fruit	Homemade Turkey Burger (with hidden vegetables) *Burger will be served on a slider bun, with romaine lettuce and cheese Potato Wedges Fresh Fruit	Chicken Sandwich (using real chicken, shaved) Served with lettuce, cheese, ranch dressing Raw Veggies Fresh Fruit	Fish Sticks (*Substitute: Breaded Chicken) 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
PM Snack	Pita Strips Served with Homemade Spinach Dip Cucumber Slices	Homemade Seasonal Muffin (with hidden vegetables) Fresh Fruit	Whole Wheat Crackers Cubed Cheese	Homemade Seasonal Baked Good Fruit	Homemade Granola Bites 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. ***