



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 2-5 years of age)**

**\*\*\*NO PEANUTS - NO TREE NUTS\*\*\***

Aromas World Kitchen has been preparing nutritious & delicious meals for over 13 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](http://www.Facebook.com/AromasWorldKitchen).

Our Commitment:

We only supply healthier food choices. This mean 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**

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



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**WEEK #2**

	Monday	Tuesday	Wednesday	Thursday (vegetarian)	Friday (vegetarian)
<b>Milk and Milk Products and/or Alternatives</b> (1 serving = 125 - 175 mL)	2% milk	Cheddar Cheese Slice	Yogurt	Cottage Cheese (in pancakes)	Cheese Pizza
<b>Meat and Alternatives</b> (1 serving = 30-60 g)	Baked Chicken Quesadilla (Vegetarian Option: Bean Empanada)	Fish & Spinach Curry (Vegetarian Option: Tofu)	Beef Meatballs in Tomato Sauce (Vegetarian Option: Beans)	Eggs (in pancakes)	Bean Dip
<b>Bread and Cereals/Grains</b> (1 serving = ½ -1 slice or 50-125 mL)	tortilla	Brown Rice Pilaf	Spaghetti	Whole Wheat Cottage Cheese Pancakes	High Fibre Pizza Crust
<b>Fruits and Vegetables</b> (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Fresh Fruit Salad 2) Vegetable Soup	1) Spinach 2) Fresh Fruit Salad	1) Tomato Sauce 2) Unsweetened Fruit Puree	1) Baked organic Sweet Potatoes Fries 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)
<b>Milk and Milk Products and/or Alternatives</b> (1 serving = 125 - 175 mL)	Cheese	2% milk	Yogurt & Milk in Stroganoff	2% milk	Cheese Pizza
<b>Meat and Alternatives</b> (1 serving = 30-60 g)	Salmon Salad (Vegetarian Option: Cucumber & Hummus)	Chicken Noodle Soup (Vegetarian Option: Minestrone)	Beef Yogurt Stroganoff (Vegetarian Option: Boiled Egg)	Stir-fried Ginger Chicken (Vegetarian Option: Tofu)	WOW Butter
<b>Bread and Cereals/Grains</b> (1 serving = ½ -1 slice or 50-125 mL)	Whole What Bread	Kale & Quinoa Ball	Egg Noodles In Mushroom Sauce	Brown Rice Pilaf	High Fibre Pizza Crust
<b>Fruits and Vegetables</b> (2 servings = total of ½ -2 whole fruit or 160-250 mL)	1) Boiled Edamame 2) Warm Fruit Compote	1) Vegetables in soup 2) Fresh Fruit Salad	1) Mushrooms & Green Beans 2) Fresh Fruit Salad	1) Stir-fried Vegetables 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot Sticks 2) 100% Fruit Juice



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**WEEK #4**

	<b>Monday (vegetarian)</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday (vegetarian)</b>
<b>Milk and Milk Products and/or Alternatives (1 serving = 125 - 175 mL)</b>	Cheese	cream cheese plus milk in sauce	Yogurt	Cheese in Tortellini & Milk in Rose Sauce	Cheese Pizza
<b>Meat and Alternatives (1 serving = 30-60 g)</b>	Split-pea & Vegetable Soup	Cheesy Tuna Pasta <b>(Vegetarian Option: Boiled Egg)</b>	Turkey & Wild Rice Stew <b>(Vegetarian Option: Minestrone Soup)</b>	Veal in Rose Sauce <b>(Vegetarian Option: Chickpeas in Tomato Sauce)</b>	Hummus
<b>Bread and Cereals/Grains (1 serving = ½ -1 slice or 50-125 mL)</b>	Brown Rice Cakes	Rotini	Rice in stew plus Crackers	Cheese Tortellini	High Fibre Pizza Crust
<b>Fruits and Vegetables (2 servings = total of ½ -2 whole fruit or 160-250 mL)</b>	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