



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 2-5 years of age)**

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

Aromas World Kitchen has been preparing nutritious & delicious meals for over 14 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 are committed to providing healthier food choices. This means: -minimal 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 - Spring/Summer 2018/19**

	<b>Monday (fish)</b>	<b>Tuesday (beef/pork)</b>	<b>Wednesday (vegetarian)</b>	<b>Thursday (chicken)</b>	<b>Friday (vegetarian)</b>
<b>Milk and Alternatives (1 serving = 125 - 250 mL)</b>	cream cheese & milk in sauce	2% milk	Plain Yogurt	2% milk	Cheese Pizza
<b>Meat and Alternatives (1 serving = 40-75 g)</b>	Cheesy Tuna Pasta <b>(Vegetarian Option: Boiled Eggs)</b>	Beef & Wild Rice Salad <b>(Vegetarian Option: Beans)</b>	Egg Salad Finger Sandwiches	Boneless & Skinless Roast Chicken <b>(Vegetarian Option: Tofu)</b>	WOW Butter
<b>Grain Products (1 serving = ½ -1 slice or 60-125 mL)</b>	Rotini	Wild Rice	Whole Wheat Bread	Penne	High Fibre Pizza Crust
<b>Vegetables and Fruits (2 servings = total of ½ -2 whole fruit or 120-500 mL)</b>	1) Peas & Carrots 2) Fresh Fruit Salad	1) vegetables in salad 2) Fresh Fruit Salad	1) Steamed Vegetables 2) Unsweetened Fruit Puree	1) Tomato Sauce 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot sticks 2) Fresh Fruit Salad



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**WEEK #2 - Spring/Summer 2018/19**

	<b>Monday (fish)</b>	<b>Tuesday (beef/pork)</b>	<b>Wednesday (vegetarian)</b>	<b>Thursday (chicken)</b>	<b>Friday (vegetarian)</b>
<b>Milk and Alternatives (1 serving = 125 - 250 mL)</b>	Cubed Cheese	2% milk	Plain Yogurt	2% milk	Cheese Pizza
<b>Meat and Alternatives (1 serving = 40-75 g)</b>	Baked Salsa Fish <b>(Vegetarian Option: Tofu)</b>	Beef Meatballs in Tomato Sauce <b>(Vegetarian Option: Beans in Tomato Sauce)</b>	Pea & Vegetable Soup	Chicken Quesadillas <b>(Vegetarian Option: Bean Quesadillas)</b>	Bean Dip
<b>Grain Products (1 serving = ½ -1 slice or 60-125 mL)</b>	Rice Pilaf	Elbow Macaroni	Brown Rice Cake	Tortilla Wrap	High Fibre Pizza Crust
<b>Vegetables and Fruits (2 servings = total of ½ -2 whole fruit or 120-500 mL)</b>	1) Cooked Spinach 2) Fresh Fruit Salad	1) Tomato Sauce 2) Fresh Fruit Salad	1) Vegetables in Soup 2) Unsweetened Fruit Puree	1) Potato Salad 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot sticks 2) Fresh Fruit Salad



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**WEEK #3 - Spring/Summer 2018/19**

	<b>Monday (fish)</b>	<b>Tuesday (beef/pork)</b>	<b>Wednesday (vegetarian)</b>	<b>Thursday (chicken)</b>	<b>Friday (vegetarian)</b>
<b>Milk and Alternatives (1 serving = 125 - 250 mL)</b>	Plain Yogurt	2% milk	milk & cheese in macaroni	2% milk	Cheese Pizza
<b>Meat and Alternatives (1 serving = 40-75 g)</b>	Fish Curry <b>(Vegetarian Option: Tofu)</b>	Pulled Pork on-a-bun <b>(Vegetarian Option: Lentil Mushroom Patty on-a-bun)</b>	Macaroni & Cheese with Butternut Squash	Grilled Chicken Skewers <b>(Vegetarian Option: Tofu Skewers)</b>	WOW Butter
<b>Grain Products (1 serving = ½ -1 slice or 60-125 mL)</b>	Kale & Quinoa Ball	Bun	Elbow Macaroni	Quinoa Salad	High Fibre Pizza Crust
<b>Vegetables and Fruits (2 servings = total of ½ -2 whole fruit or 120-500 mL)</b>	1) Tomato Sauce 2) Unsweetened Fruit Puree	1) Coleslaw Vinaigrette 2) Fresh Fruit Salad	1) Butternut Squash 2) Fresh Fruit Salad	1) vegetables in salad 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot Sticks 2) Fresh Fruit Salad



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**WEEK #4 - Spring/Summer 2018/19**

	<b>Monday (fish)</b>	<b>Tuesday (beef/pork)</b>	<b>Wednesday (vegetarian)</b>	<b>Thursday (chicken)</b>	<b>Friday (vegetarian)</b>
<b>Milk and Alternatives (1 serving = 125 - 250 mL)</b>	Cubed Cheese	2% milk	cottage cheese in pancakes	2% milk	Cheese Pizza
<b>Meat and Alternatives (1 serving = 40-75 g)</b>	Tuna Salad Sandwich <b>(Vegetarian Option: Cucumber &amp; Hummus)</b>	Veal in Tomato Sauce <b>(Vegetarian Option: Boiled Eggs in Tomato Sauce)</b>	eggs in Pancakes	Stir-fried Ginger Chicken & Vegetables <b>(Vegetarian Option: Stir- fried Tofu &amp; Vegetables)</b>	Hummus
<b>Grain Products (1 serving = ½ -1 slice or 60-125 mL)</b>	Whole Wheat Bread	Cheese Tortellini	Whole Wheat Cottage Cheese Pancakes	Rice Pilaf	High Fibre Pizza Crust
<b>Vegetables and Fruits (2 servings = total of ½ -2 whole fruit or 120-500 mL)</b>	1) Edamame 2) Fresh Fruit Salad	1) Tomato Sauce 2) Fresh Fruit Salad	1) Baked Organic Sweet Potato Fries 2) Fresh Fruit Salad	1) Vegetables in Stir-fry 2) Fresh Fruit Salad	1) Cucumber, Celery & Carrot Sticks 2) Fresh Fruit Salad

