



Aromas World Kitchen Catering Services
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Kinderschool Lunch Menu (for children 2-5 years of age)

June-September 2021

*****NO PEANUTS – NO TREE NUTS*****

Aromas World Kitchen has been preparing nutritious & delicious meals since 2004. 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.

Our Commitment: We only supply healthier food choices. This means:

- reduced sodium
- no added saturated fat
- all natural ingredients
- no M.S.G., additives, preservatives, artificial flavours or colours
- wholegrains

WEEK #1

| | Monday (fish) | Tuesday (vegetarian) | Wednesday (beef) | Thursday (chicken) | Friday (vegetarian) |
|--|--|--|---|---|--|
| Milk and Alternatives (1 serving = 125 – 250 mL) | Cheese Sauce | Yogurt | 2% milk | 2% milk | Cheese Pizza |
| Meat and Alternatives (1 serving = 40-75 g) | Breaded Fish (Vegetarian Option: Boiled Egg) | Chocolate Hummus Sandwich | Stir-fried Ginger Beef (Vegetarian: Tofu) | Chicken Breast (Vegetarian Option: Beans) | WOW Butter |
| Grain Products (1 serving = ½ -1 slice or 60-125 mL) | Pasta | Whole Wheat Bread | Stir-fried Noodles | Pasta | High Fibre Pizza Crust |
| Vegetables and Fruits (2 servings = total 120-500 mL) | 1) Boiled Vegetables 2) Fresh Fruit Salad | 1) Cucumbers 2) Unsweetened Fruit Puree | 1) Stir-fried Vegetables 2) Fresh Fruit Salad | 1) Tomato Sauce 2) Fresh Fruit Salad | 1) Veggie Sticks 2) Fresh Fruit Salad |

WEEK #2

| | Monday (fish) | Tuesday (beef) | Wednesday (vegetarian) | Thursday (chicken) | Friday (vegetarian) |
|--|---|--|--|--|--|
| Milk and Alternatives (1 serving = 125 – 250 mL) | Cream Sauce | 2% milk | Yogurt | 2% milk | Cheese Pizza |
| Meat and Alternatives (1 serving = 40-75 g) | Sole Florentine (Vegetarian Option: Boiled Egg) | Meatballs (Vegetarian Option: Beans) | Egg Salad Sandwich | Roast Chicken in Gravy (Vegetarian Option: Tofu) | Hummus |
| Grain Products (1 serving = ½ -1 slice or 60-125 mL) | Rice | Pasta | Whole Wheat Bread | Corn | High Fibre Pizza Crust |
| Vegetables and Fruits (2 servings = total 120-500 mL) | 1) Sautéed Spinach 2) Fresh Fruit Salad | 1) Tomato Sauce 2) Fresh Fruit Salad | 1) Cucumbers 2) Unsweetened Fruit Puree | 1) Roast Potatoes 2) Fresh Fruit Salad | 1) Veggie Sticks 2) Fresh Fruit Salad |

WEEK #3

| | Monday (fish) | Tuesday (beef) | Wednesday (vegetarian) | Thursday (chicken) | Friday (vegetarian) |
|--|--|--|---|--|--|
| Milk and Alternatives (1 serving = 125 – 250 mL) | Yogurt | 2% milk | Cheese Sauce | 2% milk | Cheese Pizza |
| Meat and Alternatives (1 serving = 40-75 g) | Baked Basa in Tomato Sauce (Vegetarian Option: Boiled Egg) | Meatloaf (Vegetarian Option: Chickpea Patty) | Falafel | Chicken Souvlaki (skewer removed) (Vegetarian Option: Tofu) | WOW Butter |
| Grain Products (1 serving = ½ -1 slice or 60-125 mL) | Rice | Bun | Cheese & Potato Perogies | Rice | High Fibre Pizza Crust |
| Vegetables and Fruits (2 servings = total 120-500 mL) | 1) Tomato Sauce 2) Unsweetened Fruit Puree | 1) Boiled Vegetables 2) Fresh Fruit Salad | 1) Potato in Perogies 2) Fresh Fruit Salad | 1) Spinach 2) Fresh Fruit Salad | 1) Veggie Sticks 2) Fresh Fruit Salad |

WEEK #4

| | Monday (fish) | Tuesday (beef) | Wednesday (vegetarian) | Thursday (chicken) | Friday (vegetarian) |
|--|---|--|--------------------------------------|---|--|
| Milk and Alternatives (1 serving = 125 – 250 mL) | Yogurt | 2% milk | Cubed Cheese | 2% milk | Cheese Pizza |
| Meat and Alternatives (1 serving = 40-75 g) | Tuna Salad Sandwich (Vegetarian Option: Hummus) | Bolognese Sauce (Vegetarian Option: Beans in Tomato Sauce) | Mushroom & Cheese Frittata | Chicken Dumplings (Vegetarian Option: Boiled Egg) | Hummus |
| Grain Products (1 serving = ½ -1 slice or 60-125 mL) | Whole Wheat Bread | Cheese Tortellini | Crackers | Chicken Dumplings | High Fibre Pizza Crust |
| Vegetables and Fruits (2 servings = total 120-500 mL) | 1) Cucumber 2) Unsweetened fruit puree | 1) Tomato Sauce 2) Fresh Fruit Salad | 1) Mushrooms 2) Fresh Fruit Salad | 1) Boiled vegetables 2) Fresh Fruit Salad | 1) Veggie Sticks 2) Fresh Fruit Salad |