

September 26, 2024

To Whom It May Concern:

I have completed a thorough review of the Trans-Fat Free lunch, Trans- Fat Free Vegetarian menus and Trans Fat Free snack menus prepared by M. Albert Catering Limited. The menus created exceed the nutritional guidelines set by the Child Care and Early Years Act as well as the new Canada's Food Guide for Healthy Living. The menu set by M. Albert Catering Limited continues to provide well balanced nutritious meals while catering to the preferences of young children.

Upon discussion with M. Albert Catering Limited, efforts to ensure sufficient protein intake in both the regular and vegetarian lunch menus are noted (e.g. lean animal protein choices, quinoa, cheese, haddock, pollack, beef, sole, turkey, tofu spinach Stirfry, pepper feta quiche, zucchini egg pie, chickpea tomato sauce & Stirfry, potato pea patty, hardboiled egg and lentil sloppy joes). Efforts to ensure sufficient fibre intake can be seen through the various whole grain bread & pasta choices but also with the fresh vegetables and fruits options (cucumber, carrot, mixed greens, peppers, asparagus, corn, green & yellow beans, broccoli, cauliflower, tomato). Beans, legumes and tofu are incorporated wherever possible while keeping in mind the food preferences of young children but also to align with the new Canada's Food Guide's encouragement for more plant based choices in the diet. Fish continues to be offered as a weekly option throughout the menu. Kid friendly options like pasta with cheese sauce, crunchy haddock bites, fish sticks, sloppy joes, meatballs, lasagna and turkey noodle soup, as well as cream cheese are occasionally incorporated into the menus to show children that all foods can fit as part of a healthy balanced lifestyle. Similarly, nachos & cheese, pretzels, Goldfish, Shreddies, rice Krispies, croissants as well as granola bar and arrowroot cookies are menu and/or snack options to show that these foods categorized as occasional foods can still be part of a healthy lifestyle. The goal is to nurture children to have a healthy relationship with food. With that in mind, M. Albert Catering has also incorporated seasonal items such as cranberry orange loaf and pumpkin date loaf to encourage children to eat what is in season. The menu takes into careful consideration for the various food allergies and/or sensitivities encountered by young children. The "home-style" recipes are prepared with trans-fat free ingredients, are low in saturated fats & salt and in some cases also include organic ingredients. Most soups, sauces, dips and dressings are made in house from fresh ingredients. Every effort has been made by M. Albert Catering Limited to offer a protein choice with each snack to further encourage balanced eating.

Upon completion of menu review, these menus were carefully designed to meet the varying range of children served and offer healthy "kid-friendly" meals with diverse ingredients and foods. M. Albert Catering Limited prides itself in maintaining healthy crowd favourites but continue to innovate and provide new variations within the menu. The diverse options available on the menu for lunches & snacks are a good source of energy as well as nutrition. The food options provided by this menu will serve as a positive role to help children build healthy eating habits for life.

Sincerely,

A photograph of a handwritten signature in blue ink that reads "Rowena Leung". The signature is written in a cursive style and is positioned on a light-colored, slightly textured surface.

Rowena Leung RD, CDE