



Building healthy
bodies & minds



Summer Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Pretty Plum	› English Muffin & Wow Butter › Cantaloupe Cubes	› Oaty Oatmeal › Outstanding Orange	› Banana Roll Up › Bubbly Banana	› Tropical Fruit Muffin › Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Turkey Bolognaise	› Chicken Souvlaki	 › Veggie Pad Thai	› Zippy Zesty Fish	› Pulled-Philly Beef
		› Veggie Bolognaise	› Bean Souvlaki		› Zippy Zesty Fillet	› Pulled-Philly Beans
		› Whole Wheat Pasta › Bold Broccoli	› Playful Pita › Gleeeful Greek Salad	› Terrific Thai Noodles › Garden Green Beans	› Confetti Couscous › Sensational Summer Medley	› Rock'n Roll › P's & Q's
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
Afternoon Snack		› Cheese Bites & Crackers › Awesome Apple	› Peachy Cobbler › Groovy Grapes	› Banana Bread › Whimsical Watermelon	› Mango Smoothie › Trail Mix	› Happy Hummus & Dipping Sticks › Cucumber Coins
		› Water	› Water	› Water	› Water	› Water

*Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

Sensational Summer Medley: Broccoli, Cauliflower & Carrot | **Super Sunrise Veggies:** Green Bean, Orange Carrot & Yellow Carrot



Chef Lisa's Tip:

Rejuvenate and recharge your body and mind with a Kidco Kitchen favourite, our Mango Smoothie! So, delicious and fresh tasting... Switch it up by adding banana or any other fruit for double the fun!



Kidco Kitchen Fun Fact:

Milk and other calcium-rich foods are a must-have in kids' diets. After all, calcium is a key building block for strong, healthy bones. Most kids don't get their recommended 1,000 milligrams of calcium per day but at Kids & Company, we make sure they do! We serve milk twice a day as well as make yummy smoothies weekly. They are loaded with goodness and calcium that your kiddies go crazy for!

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Whole Grain Cereal > Awesome Apple	> Whole Wheat Pancake & Fruit Spread > Whimsical Watermelon	> Whole Wheat Bagel & Cream Cheese > Perfect Pear	> Banana Smoothie Bowl > Magical Muesli	> Lemon Poppy Seed Loaf > Pretty Plum
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Campfire Baked Beans	> Salmon Teriyaki > Fillet Teriyaki	> Turkey Tagine > Veggie Tagine	> Super Swedish Meatballs > Super Swedish Beans	> Jolly Jerk Chicken > Jolly Jerk Tofu
		> Corn Bread > Bold Broccoli	> Terrific Thai Noodles > Crazy Carrots	> Nifty New Potatoes > Sweet Corn	> Whole Wheat Pasta > Petite Peas	> Brilliant Brown Rice > Super Sunrise Veggies
		> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Yummy Yogurt Dip & Dipping Sticks > Crazy Carrots	> Energy Bites > Groovy Grapes	> Oatmeal Cookie > Outstanding Orange	> Trail Mix > Honeydew Melon Munchies	> Creamy Spread & Playful Pita > Cucumber Coins
		> Water	> Water	> Water	> Water	> Water

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Sensational Summer Medley: Broccoli, Cauliflower & Carrot | **Super Sunrise Veggies:** Green Bean, Orange Carrot & Yellow Carrot



Chef Lisa's Tip:

Ahh...lazy summer days. The days are getting longer, the temperatures are rising and all of a sudden there are lots of new veggies to choose from. The best way to optimize the freshest most nutritious produce is to purchase local seasonal vegetables so make sure to pullover the next time you are driving by a veggie stand!



Kidco Kitchen Fun Fact:

Try adding a rainbow of different coloured veggies and textures to every meal with more greens, red, oranges, purples and yellows on your plate every day. These mighty, powerful foods are a rich source of minerals, vitamins, antioxidants and fibre.

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Outstanding Orange	› Oaty Oatmeal › Cantaloupe Cubes	› Banana Roll Up › Bubbly Banana	› Popular Peach Muffin › Whimsical Watermelon	› English Muffin & Wow Butter › Perfect Pear
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		 › Fun Falafel Pie	› Tasty Tacos	› Best BBQ Chicken	› Sassy Salmon Pasta	› Twisty Turkey Stir Fry
			› Tasty Veggie Tacos	› Best BBQ Beans	› Sassy Tofu Pasta	› Twisty Veggie Stir Fry
		› Playful Pita › Gleeeful Greek Salad	› Whole Wheat Tortilla › Sweet Corn	› Confetti Couscous › Sensational Summer Medley	› Whole Wheat Pasta › Garden Green Beans	› Brilliant Brown Rice › P's & Q's
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Cheese Bites & Crackers › Pretty Plum	› Peachy Cobbler › Groovy Grapes	› Happy Hummus & Dipping Sticks › Cucumber Coins	› Monkey Pudding › Awesome Apple	› Berry Blast Smoothie › Trail Mix
		› Water	› Water	› Water	› Water	› Water

*Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

Sensational Summer Medley: Broccoli, Cauliflower & Carrot | Super Sunrise Veggies: Green Bean, Orange Carrot & Yellow Carrot



Chef Lisa's Tip:

Mother Nature has turned up the heat so it's important to stay hydrated! If you find it hard to drink your eight glasses of water a day, try mixing it up! Naturally flavour your water with fresh fruits, veggies or herbs for a delicious change. Try different combinations like raspberry lime and pineapple mint!



Kidco Kitchen Fun Fact:

Water makes up more than half of our body weight and is essential for us to function. On average, we lose about ten cups of water a day just from sweating and breathing! It is so important when having fun in the sun to always pack your water bottle.

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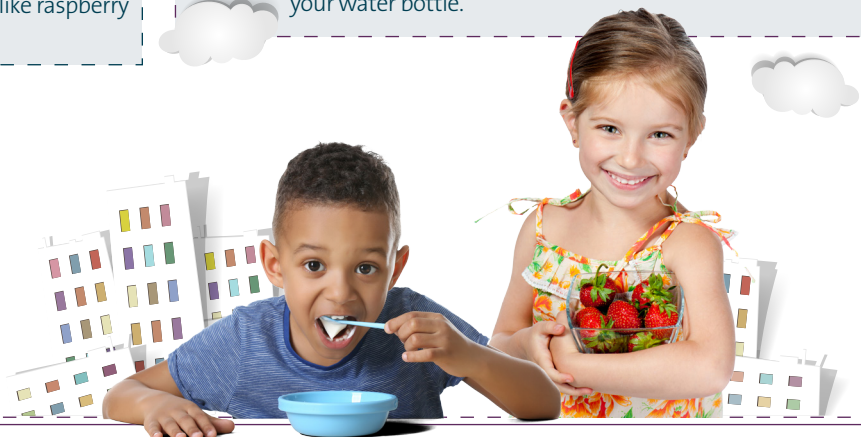


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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Whole Grain Cereal › Awesome Apple	› Whole Wheat Pancake & Fruit Spread › Outstanding Orange	› Peach Smoothie Bowl › Magical Muesli	› Whole Wheat Bagel & Cream Cheese › Honeydew Melon Munchies	› Zany Zucchini Loaf › Bubbly Banana
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		 › Roaring Red Lentil Pasta	› Bright Beef & Broccoli › Bright Bean & Broccoli	› Chicken Caesar Wrap › Bean Caesar Wrap	› Fish Provencal › Tofu Provencal	› Turkey Sloppy Joe's › Veggie Sloppy Joe's
		› Whole Wheat Pasta › Petite Peas	› Brilliant Brown Rice › Sweet Corn	› Whole Wheat Tortilla › Super Sunrise Veggies	› Nifty New Potatoes › Crazy Carrots	› Rock'n Roll › Bold Broccoli
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Yummy Yogurt Dip & Dipping Sticks › Crazy Carrots	› Creamy Spread & Playful Pita › Cucumber Coins	› Oatmeal Cookie › Groovy Grapes	› Energy Bites › Perfect Pear	› Trail Mix › Whimsical Watermelon
		› Water	› Water	› Water	› Water	› Water

*Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

Sensational Summer Medley: Broccoli, Cauliflower & Carrot | **Super Sunrise Veggies:** Green Bean, Orange Carrot & Yellow Carrot



Chef Lisa's Tip:

One dish that never goes out of style on our menu is the Roaring Red Lentil Pasta! The kiddies go crazy for this pasta dish. Try cooking with lentils at home as they are easy to cook, and full of healthy nutrients for your body. Best of all, they taste delicious and are super versatile in the kitchen. Of course don't forget to add a big spoonful of parmesan cheese on top of your delicious pasta!



Kidco Kitchen Fun Fact:

Lentils are a great source of sustainable plant-based protein, and they are easy to grow, and actually help improve soil as a nitrogen-fixing plant. Not only are lentils loaded with fibre, they are protein packed with 18 grams per serving, to help you stay fuller, longer!

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