



Building healthy
bodies & minds



Winter Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Outstanding Orange	› Raisin Bread › Cantaloupe Cubes	› Oaty Oatmeal › Kooky Kiwi	› Whole Wheat Bagel & Cream Cheese › Perfect Pear	› Spiced Pumpkin Muffin › Bubbly Banana
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Magic Meatballs › Mixed Magic Beans	 › Beanny Biryani	› Chicken Parmesan › Tofu Parmesan	› Maple Dijon Salmon › Maple Dijon Fillet	› Zippy Turkey Ziti › Zippy Veggie Ziti
		› Confetti Couscous › P's & Q's	› Brilliant Brown Rice › Cuddly Corn	› Roasted Sweet Potatoes › Winter Veggie Medley*	› Rock'n Roll › Gingerly Carrot Soup	› Whole Wheat Pasta › Bold Broccoli
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Happy Hummus & Dipping Sticks › Cucumber Coins	› Banana Smoothie › Trail Mix	› Banana Loaf › Pineapple Tidbits	› Bountiful Bread Pudding › Groovy Grapes	› Cheese Bites & Whole Wheat Crackers › Awesome Apple
		› Water	› Water	› Water	› Water	› Water

* **Fruit Fiesta:** Seasonal, Fresh Fruits | * **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

* **Warm Winter Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

Carrot soup is not only delicious and nutritious, but in combination with ginger, your tummy will be happy during the cold winter weather! Our Gingerly Carrot Soup gets its sweetness from the carrot and a kick of heat from the ginger. Try adding ginger to your soup this winter because this spicy blast is not only flavourful, but good for soothing throats and relieving the stomach.



Kidco Kitchen Fun Fact:

We all know carrots are good for the eyes, but did you know these yummy veggies also promote digestion and improve memory? Carrots are a fantastic source of many vitamins and minerals, especially vitamin A. Getting bored of your run-of-the-mill orange carrot? This nutritious vegetable is also available in purple, red, white and yellow so enjoy creating a super fun eye-catching plate for your kiddies!

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Whole Grain Cereal > Awesome Apple	> Blueberry Smoothie Bowl > Muesli	> Whole Wheat Pancake & Fruit Spread > Kooky Kiwi	> English Muffin & Wow Butter > Perfect Pear	> Cranberry Winter Loaf > Cantaloupe Cubes
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		 > Chana Masala	> Turkey Enchiladas > Bean Enchiladas	> Bright Beef & Broccoli > Bright Bean & Broccoli	> Sweetie Pie Fish Fillet > Sweetie Pie Fillet	> Marvelous Chicken Mac 'n Cheese > Marvelous Tofu Mac 'n Cheese
		> Brilliant Brown Rice > Rootin' Tootin' Veggies	> Whole Wheat Tortilla > Cuddly Corn	> Terrific Thai Noodles > Crazy Carrots	> Rock 'n Roll > Bold Broccoli	> Whole Wheat Pasta > Warm Winter Veggies*
		> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Creamy Spread & Playful Pita > Cucumber Coins	> Energy Bites > Groovy Grapes	> Oatmeal Cookie > Pineapple Tidbits	> Royal Rice Pudding > Outstanding Orange	> Exciting Edamame > Bubbly Banana
		> Water	> Water	> Water	> Water	> Water

* **Fruit Fiesta:** Seasonal, Fresh Fruits | * **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

* **Warm Winter Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

The cranberry is a holiday staple. Not only is this berry tasty, but it is a nutritional power house that has only 25 calories per half cup! This super fruit is rich in antioxidants and can help reduce the bacteria on your child's teeth. Include cranberries in your holiday loaves for a sweet, healthy, festive addition.



Kidco Kitchen Fun Fact:

Did you know? Cranberries have a variety of different names. While the Eastern Indians called them sassamanesh, the Dutch and Germans came up with "crane berry" because of the vine blossoms they grow on, resembling the neck, head and bill of a crane. This is why we refer to them as cranberries today!

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Awesome Apple	› Raisin Bread › Perfect Pear	› Oaty Oatmeal › Cantaloupe Cubes	› Whole Wheat Bagel & Cream Cheese › Pineapple Tidbits	› Morning Glory Muffin › Groovy Grapes
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Chitty Chitty Squashy Chili	› Tasty Teriyaki Salmon	› Beef & Barley Stew	› Turkey Shepherd's Pie	› Best Butter Chicken
		› Corn Bread › Warm Winter Veggies*	› Tasty Teriyaki Fillet › Confetti Couscous › Tomato Basil Soup	› Bean & Barley Stew › Rock'n Roll › Bold Broccoli	› Veggie Shepherd's Pie › Merry Mashed Potatoes › P's & Q's	› Best Butter Beans › Brilliant Brown Rice › Winter Veggie Medley*
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Happy Hummus & Dipping Sticks › Cucumber Coins	› Cheese Bites & Whole Wheat Crackers › Crazy Carrots	› Potato Puffs › Bubbly Banana	› Bountiful Bread Pudding › Outstanding Orange	› Berry Blend Smoothie › Trail Mix
		› Water	› Water	› Water	› Water	› Water

* **Fruit Fiesta:** Seasonal, Fresh Fruits | * **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

* **Warm Winter Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

We all know that eating veggies is good for you, but it is often a daunting task just getting your kiddies to try them! Apart from setting an example, try making visually stimulating dishes by cutting their veggies into shapes or arranging their food in patterns. Make the plate colourful by including a variety of different vegetables with interesting flavours and textures!



Kidco Kitchen Fun Fact:

Have you heard of Meatless Monday? You can save 500 litres of water with each meatless meal! 70% of the world's fresh water goes towards raising farmed animals. Going meatless is not only good for your body, but it is also good for the planet! We serve a vegetarian alternative daily and a plant based meal to all the kiddies once a week.

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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	> English Muffin & Wow Butter > Bubbly Banana	> Strawberry Smoothie Bowl > Muesli	> Gingerbread Loaf > Kooky Kiwi
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Chicken Pot Pie	> Turkey Noodle Doodle	> Kool Korean Beef	 > Veggie Pad Thai	> Fancy Fish Tacos
		> Chickpea Pot Pie	> Veggie Noodle Doodle	> Kool Korean Tofu		> Fancy Bean Tacos
		> Merry Mashed Potatoes > Crazy Carrots	> Whole Wheat Pasta > Bold Broccoli	> Brilliant Brown Rice > Rootin' Tootin' Veggies*	> Terrific Thai Noodles > Cuddly Corn	> Whole Wheat Tortilla > Warm Winter Veggies*
		> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*
Afternoon Snack		> Milk	> Milk	> Milk	> Milk	> Milk
		> Exciting Edamame > Cantaloupe Cubes	> Creamy Spread & Playful Pita > Cucumber Coins	> Oatmeal Cookie > Groovy Grapes	> Energy Bites > Perfect Pear	> Royal Rice Pudding > Pineapple Tidbits
Afternoon Snack		> Water	> Water	> Water	> Water	> Water
		> Water	> Water	> Water	> Water	> Water

* **Fruit Fiesta:** Seasonal, Fresh Fruits | * **Rootin' Tootin' Veggies:** Sweet Potato, Turnip, Squash, Carrot & Onion

* **Warm Winter Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

In Korean culture, daily meals are always accompanied with a variety of side dishes. These side dishes are often light to aid with the digestion of meats. Try pairing your next dinner with dishes such as kimchi, sweet potato, and pickled carrots. These side dishes help cleanse the palate and are very tasty!



Kidco Kitchen Fun Fact:

Bulgogi originates from the Goguryeo Era and was prepared only for royalty. As times changed, this Korean beef dish was only served on special occasions such as birthdays and weddings but now this dish has become so popular that it is an everyday staple. The word Bulgogi translates to "fire meat" as it is cooked on an open flame, but can be stir fried as well. Our new featured dish this season, Kool Korean Beef, is our fun take on bulgogi which has already received the gold star of approval from your kiddies!

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