



Building healthy bodies & minds



Fall Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Outstanding Orange	› Whole Wheat Bagel & Cream Cheese › Cantaloupe Cubes	› Oaty Oatmeal › Kooky Kiwi	› Raisin Bread › Perfect Pear	› Spiced Pumpkin Muffin › Bubbly Banana
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Magic Meatballs › Mixed Magic Beans	 › Tex Mex Madness	› Oh-La-La Orange Chicken › Oh-La-La Orange Tofu	 › Too Good Tandoori Salmon › Too Good Tandoori Fillet	› Turkey Tourtiere Pie › Veggie Tourtiere Pie
		› Whole Wheat Pasta › P's & Q's	› Brilliant Brown Rice › Bold Broccoli	› Terrific Thai Noodles › Autumn Veggie Medley*	› Playful Pita › Butternut Squash Soup	› Merry Mashed Potatoes › Cuddly Corn
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		› Happy Hummus & Dipping Sticks › Cucumber Coins	› Berry Blend Smoothie › Trail Mix	› Banana Bread › Pineapple Tidbits	› Applelicious Crisp › Honeydew Melon Munchies	› Cheese Bites & Crackers › Crazy Carrots
		› Water	› Water	› Water	› Water	› Water

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

* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

Bored of making run-of-the-mill mashed potatoes? Toss some roasted garlic and a nice dicing of chives into next Monday's mash to take those Yukon Golds all the way to flavour town! Looking for a potato alternative? Try blending boiled cauliflower with Greek yogurt and Parmesan – your kiddies will never know the difference! I won't tell if you won't!



Kidco Kitchen Fun Fact:

The word "tandoori" originates from the method it is typically cooked in a cylindrical clay oven called a tandoor. The tandoor is heated to extremely high temperatures using charcoal or wood that help infuse the dish with a remarkably smoky flavour. Holy smokes that's good!

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Whole Grain Cereal > Awesome Apple	> Blueberry Smoothie Bowl > Magical Muesli	> Whole Wheat Pancake & Fruit Spread > Honeydew Melon Munchies	> English Muffin & Wow Butter > Bubbly Banana	> Apple Cinnamon Loaf > Cantaloupe Cubes
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Chana Masala	> Turkey Enchiladas > Bean Enchiladas	> Korean Beef Braise > Korean Bean Braise	> Cutie Pie Fish Fillet > Cutie Pie Fillet	> Marvellous Chicken Mac 'n Cheese > Marvellous Tofu Mac 'n Cheese
		> Brilliant Brown Rice > Rootin' Tootin' Veggies*	> Whole Wheat Tortilla > Cuddly Corn	> Terrific Thai Noodles > Crazy Carrots	> Roasted Sweet Potatoes > Bold Broccoli	> Whole Wheat Pasta > Heavenly Harvest Veggies*
		> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Creamy Spread & Playful Pita > Cucumber Coins	> Power Pumpkin Bar > Perfect Pear	> Oatmeal Cookie > Outstanding Orange	> Cheese Bites & Crackers > Groovy Grapes	> Potato Puffs > Pineapple Tidbits
		> Water	> Water	> Water	> Water	> Water

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

* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

Did you know that there are no negatives to braising? It's a great way to keep both your kiddies and wallet full! As the meat cooks for hours in the braising liquid, it will soften up so you get a tender bite every time. This means you can purchase stewing beef to achieve the same high-quality effect! As a bonus, you can spend more time with your kiddies while the slow cooker does its thing!



Kidco Kitchen Fun Fact:

Bet you didn't know that corn is a delectable math tool for your kiddies! They can learn to count forever with an average of 800 kernels on a single cob! Not to mention that each ear of corn will always contain an even number of rows! If that doesn't count as nature trying to teach math, I don't know what does!

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		› Yogurt Parfait & Granola › Awesome Apple	› Raisin Bread › Honeydew Melon Munchies	› Oaty Oatmeal › Cantaloupe Cubes	› Whole Wheat Bagel & Cream Cheese › Pineapple Tidbits	› Cranberry Orange Muffin › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Chitty Chitty Squashy Chili	› Sassy Salmon Pasta	› Beef & Barley Stew	› Twisty Turkey Stir Fry	› Best Butter Chicken
		› Corn Bread › Bold Broccoli	› Sassy Tofu Pasta › Whole Wheat Pasta › Tomato Basil Soup	› Bean & Barley Stew › Rock'n Roll › Cuddly Corn	› Twisty Veggie Stir Fry › Terrific Thai Noodles › P's & Q's	› Best Butter Beans › Brilliant Brown Rice › Autumn 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 & Crackers › Crazy Carrots	› Banana Sushi › Perfect Pear	› Applelicious Crisp › Outstanding Orange	› Mango Smoothie › Trail Mix
		› Water	› Water	› Water	› Water	› Water

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

* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

To cut up your butternut squash with ease, use a knife to poke holes in your squash (to help release steam) and bake it at 400F for an hour. When your squash is ready, you should easily be able to puncture it with a fork. When it is cool enough to handle, cut it in half, scoop out the seeds and now you are ready to slice it and dice it for your favourite butternut squash recipe!



Kidco Kitchen Fun Fact:

Tomato Soup is not a classic favourite for nothing! What you are consuming are essential vitamins K and C that improve bone health and heart health! Tomato soup is such a great way to keep your family at their strongest and just thinking about its health benefits makes it so comforting! Guess that's why they call it "comfort food"!

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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	> Pumpkin Smoothie Bowl > Magical Muesli	> Gingerbread Loaf > Honeydew Melon Munchies
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Chicken Pot Pie > Chickpea Pot Pie	 > Chickpea Curry Champion	> Hello Hawaiian Meatballs > Hello Hawaiian Beans	> Turkey Noodle Doodle > Veggie Noodle Doodle	> Cuckoo Coconut Fish > Cuckoo Coconut Fillet
		> Merry Mashed Potatoes > Crazy Carrots	> Rock n' Roll > Cuddly Corn	> Brilliant Brown Rice > Heavenly Harvest Veggies*	> Whole Wheat Pasta > Bold Broccoli	> Terrific Thai Noodles > Rootin' Tootin' Veggies*
		> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*	> Fruit Fiesta*
		> Milk	> Milk	> Milk	> Milk	> Milk
		> Cheese Bites & Crackers > Cantaloupe Cubes	> Power Pumpkin Bar > Cucumber Coins	> Oatmeal Cookie > Perfect Pear	> Creamy Spread & Playful Pita > Groovy Grapes	> Potato Puffs > Pineapple Tidbits
Afternoon Snack		> Water	> Water	> Water	> Water	> Water

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

* **Heavenly Harvest Veggies:** Yellow Carrot, Orange Carrot & Green Bean | * **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

Don't let discarded Jack-o-Lantern pieces go to waste! These pumpkin bits can be a healthy, yummy snack after your kiddies carve their scariest monster into it! Lightly season then roast the leftovers and seeds for a hauntingly satisfying snack!



Kidco Kitchen Fun Fact:

Coconuts are truly versatile as all their parts can be used! The meat can be eaten and coconut water is full of electrolytes that rejuvenate our bodies. The delicious milk coconuts produce is a great substitute for our dairy-free friends! Even the fuzzy hair on a coconut is valuable for producing rope and brushes as their fibers are strong like no other!

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