



## Building healthy bodies & minds



## 2019 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	› Tex Mex Madness	› Oh-La-La Orange Chicken	› Too Good Tandoori Salmon	› Turkey Tourtiere Pie
		› Mixed Magic Beans		› Oh-La-La Orange Tofu	› Too Good Tandoori Fillet	› Veggie Tourtiere Pie
		› Whole Wheat Pasta › P's & Q's	› Brilliant Brown Rice › Bold Broccoli	› Confetti Couscous › Autumn Veggie Medley	› Playful Pita › Butternut Squash Soup	› Merry Mashed Potatoes › Cuddly Corn
		› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta	› Fruit Fiesta
Afternoon Snack		› Happy Hummus & Dipping Sticks › Cucumber Coins	› Applelicious Crisp › Pineapple Tidbits	› Banana Bread › Honeydew Melon Munchies	› Berry Blend Smoothie › Trail Mix	› Cheese Bites & Crackers › Crazy Carrots
		› Water	› Water	› Water	› Water	› Water

**Fruit Fiesta:** All our lunches are served with an assortment of 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 word tandoor — a cylindrical clay oven which is often used to prepare the dish. 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!



### Falling Into Grab n' Go

Able Apples • Cheese Nibblers  
 Chatty Cheerios  
 Positive Potato Puffs • Lucky Loaf

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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	> Veggie Sub Supreme	> Marvellous Chicken Mac 'n Cheese > Marvellous Tofu Mac 'n Cheese
		> Confetti Couscous > Rootin' Tootin' Veggies	> Whole Wheat Tortilla > Cuddly Corn	> Terrific Thai Noodles > Roasted Sweet Potatoes	> Rock n' Roll > 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	> Royal Rice Pudding > Groovy Grapes	> Silly Shreddies > Pineapple Tidbits
		> Water	> Water	> Water	> Water	> Water

**Fruit Fiesta:** All our lunches are served with an assortment of 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 > Sassy Tofu Pasta	> Bean & Barley Stew	> Twisty Turkey Stir Fry > Twisty Veggie Stir Fry	> Best Butter Chicken > Best Butter Beans
		> Corn Bread > P's & Q's	> Whole Wheat Pasta > Bold Broccoli	> Rock n' Roll > Cuddly Corn	> Terrific Thai Noodles > Brave Butternut Squash	> 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:** All our lunches are served with an assortment of 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:

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 > Magical Muesli	> Gingerbread Loaf > Honeydew Melon Munchies
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Tuscan Bean Bake	> Chicken Pot Pie > Chickpea Pot Pie	> Hello Hawaiian Meatballs > Hello Hawaiian Beans	> Turkey Noodle Doodle > Veggie Noodle Doodle	> Cuckoo Coconut Fish > Cuckoo Coconut Fillet
		> Rock n' Roll > Roasted Sweet Potatoes	> Merry Mashed Potatoes > Crazy Carrots	> Brilliant Brown Rice > Heavenly Harvest Veggies	> Whole Wheat Pasta > Bold Broccoli	> Terrific Thai Noodles > Rootin' Tootin' Veggies
		> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk
Afternoon Snack		> Power Pumpkin Bar > Cucumber Coins	> Royal Rice Pudding > Cantaloupe Cubes	> Oatmeal Cookie > Perfect Pear	> Creamy Spread & Playful Pita > Groovy Grapes	> Silly Shreddies > Pineapple Tidbits
		> Water	> Water	> Water	> Water	> Water

**Fruit Fiesta:** All our lunches are served with an assortment of 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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