



Building healthy bodies & minds



2020 Winter 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 & Apple Butter > 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	> Maple Dijon Salmon > Maple Dijon Fillet	> Turkey Tourtiere Pie > Veggie Tourtiere Pie
		> Whole Wheat Pasta > P's & Q's	> Brilliant Brown Rice > Bold Broccoli	> Confetti Couscous > Winter Veggie Medley	> Playful Pita > Tomato Basil Soup	> Merry Mashed Potatoes > Cuddly Corn
		> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk
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
Warm Winter Veggies: Yellow Carrot, Orange Carrot & Green Bean | ***Winter 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:

Not only does maple syrup taste wonderful on just about everything, but it's also high in minerals! Your body will thank you for finding such a delicious way to intake manganese, riboflavin, zinc, magnesium, calcium and potassium! Plus, it works as an antioxidant at a level equivalent to consuming bananas or broccoli!



Winter Wonderland 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 Meatloaf > Veggie Meatloaf	> Tasty Teriyaki Fish > Tasty Teriyaki Fillet	> Veggie Sub Supreme	> Marvellous Chicken Mac n' Cheese > Marvellous Tofu Mac n' Cheese
		> Noble Naan > Rootin' Tootin' Veggies	> Merry Mashed Potatoes > Cuddly Corn	> Terrific Thai Noodles > Roasted Sweet Potatoes	> Rock n' Roll > Crazy Carrots	> Whole Wheat Pasta > Warm Winter Veggies
		> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk	> Fruit Fiesta > Milk
Afternoon Snack		> Creamy Spread & Crackers > Cucumber Coins	> Power Pumpkin Bar > Perfect Pear	> Oatmeal Cookie > Outstanding Orange	> Tangy Tzatziki & Playful Pita > Bold Broccoli	> Trail Mix > 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
Warm Winter Veggies: Yellow Carrot, Orange Carrot & Green Bean | ***Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

For you extra indulgent eaters, try cooking your pasta in milk instead of water to make it creamier before you even add a shred of cheese! When picking your cheeses, mixing Cheddar and Monterey Jack will help you get the creamiest mac n' cheese. As a topper, use Parmesan as it is more difficult to melt than the other cheeses.



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 & Apple Butter › 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 › Bold Broccoli	› Whole Wheat Pasta › Cuddly Corn	› Rock n' Roll › Gingerly Carrot Soup	› Brilliant Brown Rice › Roasted Sweet Potatoes	› Noble Naan › 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 & 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
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 > Magical Muesli	> Gingerbread Loaf > Honeydew Melon Munchies
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Veggie Pad Thai	> Chicken Pot Pie > Chickpea Pot Pie	> Swishy Swedish Meatballs > Swishy Swedish Beans	> Turkey Noodle Doodle > Veggie Noodle Doodle	> Hip Hawaiian Fish > Hip Hawaiian Fillet
		> Terrific Thai Noodles > Brave Butternut Squash	> Merry Mashed Potatoes > Crazy Carrots	> Brilliant Brown Rice > Warm Winter Veggies	> Whole Wheat Pasta > Bold Broccoli	> Confetti Couscous > Rootin' Tootin' Veggies
		> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta
		> Milk	> Milk	> Milk	> Milk	> Milk
Afternoon Snack		> Power Pumpkin Bar > Cucumber Coins	> Tangy Tzatziki & Playful Pita > Bold Broccoli	> Oatmeal Cookie > Perfect Pear	> Creamy Spread & Crackers > Groovy Grapes	> Cheesy Flatbread > 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
Warm Winter Veggies: Yellow Carrot, Orange Carrot & Green Bean | ***Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

You say it's weird to add fruit to my savory dishes – but I say you are wrong! Upgrade your dinner game by adding fruit for next level flavour! Try combinations such as pineapple with curry (or barbecue sauce), strawberry with balsamic vinegar, mango with guacamole or try our Oh-La-La Orange Chicken next week!



Kidco Kitchen Fun Fact:

Did you know that Swedish meatballs actually originated in Turkey? In the early 18th century, King Charles XII brought this recipe home along with coffee and stuffed cabbages from Turkey as he loved using food to bring people of different cultures together.



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