



Building healthy bodies & minds



2020 Fall Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		> Yogurt Parfait & Granola > Perfect Pear	> Whole Wheat Bagel & Cream Cheese > Cantaloupe Cubes	> Oaty Oatmeal > Kooky Kiwi	> Raisin Bread > Outstanding Orange	> 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 > Peas & Carrots	> Brilliant Brown Rice > Bold Broccoli	> Confetti Couscous > Autumn Veggie Medley	> Playful Pita > Glorious Green Beans	> 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 > Groovy Grapes	> Berry Blend Smoothie > Trail Mix	> Cheese Bites & Crackers > Honeydew Melon Munchies
		> 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: Mashed Potatoes

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: Tandoori

The word "tandoori" originates from the word tandoor — a cylindrical clay oven that heats charcoal and wood at high temperatures made popular in South Asia and the Middle East. Although our dish is not cooked in a tandoor, it is seasoned with traditional tandoori spices including ginger, turmeric, paprika, garam masala and curry powder. This magical blend gives our dish a remarkably smoky flavour. Holy smokes that's good!

What We Stand For



OUR FOOD IS CLEAN — free of chemicals, additives, preservatives and unnecessary refined sugars, salt and fat.



WE PROVIDE A GRAB N' GO SNACK for the children to take with them on their trip home.



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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 > Cantaloupe Cubes	> Apple Cinnamon Loaf > Pineapple Tidbits
		> Milk	> Milk	> Milk	> Milk	> Milk
Lunch		> Chana Masala	> Turkey Enchiladas	> Teriyaki Fish	> Veggie Sub Supreme	> Marvellous Chicken Mac n' Cheese
		> Bean Enchiladas	> Teriyaki Tofu			> Marvellous Tofu Mac n' Cheese
		> Confetti Couscous > Rootin' Tootin' Veggies	> Whole Wheat Tortilla > Cuddly Corn	> Terrific Thai Noodles > Crazy Carrots	> Rock n' Roll > Bold Broccoli	> Whole Wheat Pasta > Heavenly Harvest Veggies
		> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta	> Fruit Fiesta
Afternoon Snack		> Milk	> Milk	> Milk	> Milk	> Milk
		> Creamy Spread & Playful Pita > Cucumber Coins	> Power Pumpkin Bar > Perfect Pear	> Oatmeal Cookie > Outstanding Orange	> Vanilla Chia Pudding > Groovy Grapes	> Trail Mix > Bubbly Banana
		> 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: Fish

The Kidco Kitchen always has fish on the brain! That's because fish contains plenty of omega-3 fatty acids as well as vitamins D and B2. Fish is also rich in calcium and a fantastic source of minerals such as iron, zinc, iodine, magnesium and potassium. Just keep swimming and incorporate Fish Fridays into your weekly family routine!



Kidco Kitchen Fun Fact: Corn

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!

What We Stand For



ALL MEALS HAVE BEEN DEVELOPED BY OUR IN-HOUSE NUTRITIONIST, Lisa Ruscica and surpass the requirements outlined in Canada's Food Guide.



OCEAN FISH sustainably sourced fish



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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		▶ Yogurt Parfait & Granola ▶ Honeydew Melon Munchies	▶ Raisin Bread ▶ Awesome Apple	▶ 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	▶ Bean & Barley Stew	▶ Twisty Turkey Stir Fry	▶ Best Butter Chicken
		▶ Corn Bread ▶ Bold Broccoli	▶ Sassy Tofu Pasta		▶ Twisty Veggie Stir Fry	▶ Best Butter Beans
		▶ Fruit Fiesta	▶ Whole Wheat Pasta ▶ Peas & Carrots	▶ Rock n' Roll ▶ Cuddly Corn	▶ Terrific Thai Noodles ▶ Glorious Green Beans	▶ Brilliant Brown Rice ▶ Autumn Veggie Medley
		▶ Milk	▶ Milk	▶ Milk	▶ Milk	▶ Milk
Afternoon Snack		▶ Happy Hummus & Dipping Sticks ▶ Cucumber Coins	▶ Cheese Bites & Crackers ▶ Perfect Pear	▶ Banana Roll Up ▶ Bubbly Banana	▶ 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: Veggies

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: Meatless Monday

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.

What We Stand For



Our team of food experts work to **ACCOMMODATE ALL ALLERGIES AND FOOD RESTRICTIONS.**



OUR KITCHENS ARE STRICTLY FREE of peanuts, tree nuts, shellfish, eggs, pork and pork products.



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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 > Peas & Carrots	> 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	> Vanilla Chia Pudding > Cantaloupe Cubes	> Oatmeal Cookie > Perfect Pear	> Creamy Spread & Playful Pita > Groovy Grapes	> 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
Heavenly Harvest Veggies: Yellow Carrot, Orange Carrot & Green Bean | **Autumn Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip: Pumpkin

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: Coconut

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!

What We Stand For



OUR CHILDREN ENGAGE IN FAMILY-STYLE DINING, which empowers them to make their own food choices and develop fine motor skills.



A VARIETY OF PROTEIN SOURCES, including plant based options



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