



Building healthy bodies & minds



2021 Winter 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	› Cozy Carrot 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 › Peas & Carrots	› Brilliant Brown Rice › Bold Broccoli	› Confetti Couscous › Winter Veggie Medley	› Party Polenta › Glorious Green Beans	› 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	› 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
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!

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 Salmon	> Veggie Sub Supreme	> Marvellous Chicken Mac n' Cheese
		> Confetti Couscous > Rootin' Tootin' Veggies	> Bean Enchiladas > Whole Wheat Tortilla > Cuddly Corn	> Teriyaki Tofu > Terrific Thai Noodles > Crazy Carrots	> Rock n' Roll > Green Monster Soup	> Marvellous Tofu Mac n' Cheese > 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	> Power Pumpkin Bar > Perfect Pear	> Oatmeal Cookie > Outstanding Orange	> Monkey 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
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!

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 Veggie Chili	› Hip Hawaiian Fish	› Bean & Barley Stew	› Twisty Turkey Stir Fry	› Best Butter Chicken
		› Corn Bread › Bold Broccoli	› Whole Wheat Pasta › Peas & Carrots	› Rock n' Roll › Cuddly Corn	› Terrific Thai Noodles › Glorious Green 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 & 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
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.

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		> Jammin' Jambalaya	> Chicken Pot Pie > Chickpea Pot Pie	> Swishy Swedish Meatballs > Swishy Swedish Beans	> Turkey Noodle Doodle > Veggie Noodle Doodle	> Cuckoo Coconut Fish > Cuckoo Coconut Fillet
		> Brilliant Brown Rice > Peas & Carrots	> Merry Mashed Potatoes > Crazy Carrots	> Confetti Couscous > Warm Winter 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	> Monkey 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
Warm Winter Veggies: Yellow Carrot, Orange Carrot & Green Bean | ***Winter Veggie Medley:** Broccoli, Cauliflower & Carrot



Chef Lisa's Tip:

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:

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.

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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