




# Spring-Winter Menu 2022




1

REGULAR    VEGETARIAN    FISH

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<ul style="list-style-type: none"> <li>Yogurt Parfait &amp; Granola</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Apple Pie Oatmeal</li> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Raisin Bread</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Banana Roll Up</li> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Quinoa Loaf</li> <li>Pineapple Tidbits</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>Beef Sliders</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Souvlaki &amp; Tzatziki</li> </ul>	<ul style="list-style-type: none"> <li>Best BBQ Chicken</li> </ul>	 <ul style="list-style-type: none"> <li>Veggie Pad Thai</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Sloppy Joe's</li> </ul>
	<ul style="list-style-type: none"> <li>Veggie Sliders</li> </ul>	<ul style="list-style-type: none"> <li>Bean Souvlaki &amp; Tzatziki</li> </ul>	<ul style="list-style-type: none"> <li>Best BBQ Fillet</li> </ul>		<ul style="list-style-type: none"> <li>Veggie Sloppy Joe's</li> </ul>
P.M. SNACK	<ul style="list-style-type: none"> <li>Rock n' Roll</li> <li>Petite Peas</li> </ul>	<ul style="list-style-type: none"> <li>Playful Pita</li> <li>Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>Nifty New Potatoes</li> <li>California Blend</li> </ul>	<ul style="list-style-type: none"> <li>Terrific Thai Noodles</li> <li>Crunchy Carrot Salad</li> </ul>	<ul style="list-style-type: none"> <li>Rock n' Roll</li> <li>Bold Broccoli</li> </ul>
	<ul style="list-style-type: none"> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Awesome Apple</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
	<ul style="list-style-type: none"> <li>Pineapple Whip</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Peach Crumble</li> <li>Groovy Grapes</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry Smoothie</li> <li>Trail Mix</li> </ul>	<ul style="list-style-type: none"> <li>Spin Dip &amp; Playful Pita</li> <li>Honeydew Melon Munchies</li> </ul>
	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

2

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<ul style="list-style-type: none"> <li>Whole Grain Cereal</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pancake &amp; Fruit Spread</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Bagel &amp; Cream Cheese</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Smoothie Bowl</li> <li>Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>Stunning Strawberry Muffin</li> <li>Kooky Kiwi</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>Shake n' Bake Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Hip Hawaiian Fish </li> </ul>	<ul style="list-style-type: none"> <li>Molten Meatball Sub</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Bolognese</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fried Rice</li> </ul>
	<ul style="list-style-type: none"> <li>Shake n' Bake Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Hip Hawaiian Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Molten Bean Sub</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Bolognese</li> </ul>	<ul style="list-style-type: none"> <li>Tofu Fried Rice</li> </ul>
P.M. SNACK	<ul style="list-style-type: none"> <li>Nifty New Potatoes</li> <li>Sweet Corn</li> </ul>	<ul style="list-style-type: none"> <li>Terrific Thai Noodles</li> <li>Glorious Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Rock n' Roll</li> <li>Super Sunrise Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pasta</li> <li>Bold Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Brilliant Brown Rice</li> <li>Crazy Carrots</li> </ul>
	<ul style="list-style-type: none"> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Perfect Pear</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
	<ul style="list-style-type: none"> <li>Pizza Stackers</li> <li>Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>Rainbow Berry Bar</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal Cookie</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Happy Hummus &amp; Dipping Sticks</li> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Bites &amp; Crackers</li> <li>Cucumber Coins</li> </ul>
	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

Before placing your order, please inform your server if a person in your party has a food allergy.

## What We Stand For



**OUR FOOD IS CLEAN** - free of chemicals, additives, preservatives and unnecessary salt and fat.



**WE PROVIDE A GRAB N' GO SNACK FOR THE CHILDREN** daily to enjoy on their way home.



**OUR MEALS HAVE BEEN DEVELOPED BY OUR IN-HOUSE NUTRITIONIST** - and surpass requirements outlined in Canada's Food Guide.



Our fish is **OCEAN WISE**, meaning they are sustainably sourced while reducing factors that contribute to climate change.



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# Spring-Winter Menu 2022




3

REGULAR    VEGETARIAN    FISH

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<ul style="list-style-type: none"> <li>Yogurt Parfait &amp; Granola</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Apple Pie Oatmeal</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Banana Roll Up</li> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Zany Zucchini Loaf</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Raisin Bread</li> <li>Honeydew Melon Munchies</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH	 <ul style="list-style-type: none"> <li>Jammin' Jambalaya</li> </ul>	<ul style="list-style-type: none"> <li>Bravo Beef Tacos</li> <li>Bravo Bean Tacos</li> </ul>	<ul style="list-style-type: none"> <li>Jolly Jerk Chicken</li> <li>Jolly Jerk Beans</li> </ul>	<ul style="list-style-type: none"> <li>Moroccan Meatballs</li> <li>Moroccan Beans</li> </ul>	<ul style="list-style-type: none"> <li>Marvellous Chicken Mac n' Cheese</li> <li>Marvellous Tofu Mac n' Cheese</li> </ul>
	<ul style="list-style-type: none"> <li>Brilliant Brown Rice</li> <li>Bold Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Tortilla</li> <li>Petite Peas</li> </ul>	<ul style="list-style-type: none"> <li>Nifty New Potatoes</li> <li>California Blend</li> </ul>	<ul style="list-style-type: none"> <li>Confetti Couscous</li> <li>Sweet Corn</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pasta</li> <li>Crunchy Carrot Salad</li> </ul>
P.M. SNACK	<ul style="list-style-type: none"> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Outstanding Orange</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
	<ul style="list-style-type: none"> <li>Pineapple Whip</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Peach Crumble</li> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Spin Dip &amp; Playful Pita</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Mango Smoothie</li> <li>Trail Mix</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Bites &amp; Crackers</li> <li>Cucumber Coins</li> </ul>
	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

4

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<ul style="list-style-type: none"> <li>Whole Grain Cereal</li> <li>Awesome Apple</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pancake &amp; Fruit Spread</li> <li>Outstanding Orange</li> </ul>	<ul style="list-style-type: none"> <li>Peach Smoothie Bowl</li> <li>Magical Muesli</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Bagel &amp; Cream Cheese</li> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Blushing Blueberry Muffin</li> <li>Kooky Kiwi</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
LUNCH	 <ul style="list-style-type: none"> <li>Roaring Red Lentil Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Kool Korean Meatballs</li> <li>Kool Korean Beans</li> </ul>	<ul style="list-style-type: none"> <li>Monster Mango Chicken</li> <li>Monster Mango Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Shake n' Bake Chicken</li> <li>Shake n' Bake Fillet</li> </ul>	<ul style="list-style-type: none"> <li>Tangy Turkey Burger</li> <li>Tangy Veggie Bite Burger</li> </ul>
	<ul style="list-style-type: none"> <li>Whole Wheat Pasta</li> <li>Sweet Corn</li> </ul>	<ul style="list-style-type: none"> <li>Terrific Thai Noodles</li> <li>Petite Peas</li> </ul>	<ul style="list-style-type: none"> <li>Comfy Coconut Rice</li> <li>Super Sunrise Veggies</li> </ul>	<ul style="list-style-type: none"> <li>Confetti Couscous</li> <li>Glorious Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Bun</li> <li>Crazy Carrots</li> </ul>
P.M. SNACK	<ul style="list-style-type: none"> <li>Honeydew Melon Munchies</li> </ul>	<ul style="list-style-type: none"> <li>Cantaloupe Cubes</li> </ul>	<ul style="list-style-type: none"> <li>Kooky Kiwi</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Outstanding Orange</li> </ul>
	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> </ul>
	<ul style="list-style-type: none"> <li>Cheese Bites &amp; Crackers</li> <li>Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>Rainbow Berry Bar</li> <li>Bubbly Banana</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal Cookie</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Stackers</li> <li>Perfect Pear</li> </ul>	<ul style="list-style-type: none"> <li>Happy Hummus &amp; Dipping Sticks</li> <li>Groovy Grapes</li> </ul>
	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> </ul>

Before placing your order, please inform your server if a person in your party has a food allergy.

## What We Stand For



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



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



**OUR KITCHENS DO NOT SERVE** peanuts, tree nuts, shellfish, whole eggs, pork and pork products.



We serve a rotation of **PROTEIN VARIETIES INCLUDING PLANT-BASED OPTIONS** weekly.



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