






Spring-Summer Menu 2022





1

REGULAR VEGETARIAN FISH

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

2

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

Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

What We Stand For



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



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



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



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



kitchen.kidsandcompany.com






Spring-Summer Menu 2022





3

REGULAR VEGETARIAN FISH

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

4

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

Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

What We Stand For



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



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



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



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



kitchen.kidsandcompany.com