



Building healthy
bodies & minds



Spring Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> Yogurt Parfait & Granola Outstanding Orange 	<ul style="list-style-type: none"> Blueberry Bagel & Cream Cheese Cantaloupe Cubes 	<ul style="list-style-type: none"> Berries & Oats Kooky Kiwi 	<ul style="list-style-type: none"> Apple Cinnamon Loaf Perfect Pear 	<ul style="list-style-type: none"> Fruity Fun Dip Bubbly Banana
		<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"> Turkey Bolognese 	<ul style="list-style-type: none"> Chana Masala 	<ul style="list-style-type: none"> Chicken Souvlaki 	<ul style="list-style-type: none"> Fish Francois 	<ul style="list-style-type: none"> Pulled-Philly Beef
		<ul style="list-style-type: none"> Veggie Bolognese 		<ul style="list-style-type: none"> Bean Souvlaki 	<ul style="list-style-type: none"> Fillet Francois 	<ul style="list-style-type: none"> Pulled-Philly Beans
		<ul style="list-style-type: none"> Bold Broccoli 	<ul style="list-style-type: none"> Brilliant Brown Rice Garden Green Beans 	<ul style="list-style-type: none"> Playful Pita Greek Salad 	<ul style="list-style-type: none"> Roasted New Potatoes Spring Veggie Medley 	<ul style="list-style-type: none"> Rock'n Roll 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*
		<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
Afternoon Snack		<ul style="list-style-type: none"> Cheese Bites & Pretzel Twist Awesome Apple 	<ul style="list-style-type: none"> Tropical Smoothie Trail Mix 	<ul style="list-style-type: none"> Banana Bread Pineapple Tidbits 	<ul style="list-style-type: none"> Tabbouleh & Crackers Groovy Grapes 	<ul style="list-style-type: none"> Beany Bean Dip & Dipping Sticks 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

*All our lunches are served with an assortment of seasonal, fresh fruits. We call it our Fruit Fiesta!



Chef Lisa's Tip:

I LOVE fish and serve it at least twice a week at home. With the warmer weather, try grilling whole fish like sea bass or red snapper on the BBQ, stuffed with fresh thyme, bay leaves and coated in olive oil, lemon and salt..... Careful of the bones!



Kidco Kitchen Fun Fact:

Eating fish should make us super smart!!! The magic comes from omega-3 fatty acids found in fish which help strengthen brain cells and protect them from disease.

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> › Whole Grain Cereal › Awesome Apple 	<ul style="list-style-type: none"> › Banana Roll Up › Pineapple Tidbits 	<ul style="list-style-type: none"> › Strawberry Banana Smoothie & Scone › Honeydew Melon Munchies 	<ul style="list-style-type: none"> › Lemon Blueberry Poppy Seed Loaf › Perfect Pear 	<ul style="list-style-type: none"> › English Muffin & Fruit Spread › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		<ul style="list-style-type: none"> › Campfire Baked Beans 	<ul style="list-style-type: none"> › Salmon Teriyaki › Fillet Teriyaki 	<ul style="list-style-type: none"> › Turkey Burritos › Bean Burritos 	<ul style="list-style-type: none"> › Magic Meatballs › Magic Mixed Beans 	<ul style="list-style-type: none"> › Chicken Tenders › Tofu Tenders
		<ul style="list-style-type: none"> › Buttery Biscuit › Bold Broccoli 	<ul style="list-style-type: none"> › Terrific Thai Noodles › Napa Carrot Slaw 	<ul style="list-style-type: none"> › Rice & Beans › Shredded Cheese › Sweet Corn 	<ul style="list-style-type: none"> › Super Grains › Sugar Snap Peas 	<ul style="list-style-type: none"> › Picnic Potatoes › Tiny Tomato Salad
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> › Yummy Yogurt Dip & Dipping Sticks › Cucumber Coins 	<ul style="list-style-type: none"> › Cheese Bites & Crackers › Groovy Grapes 	<ul style="list-style-type: none"> › Oatmeal Cookie › Outstanding Orange 	<ul style="list-style-type: none"> › Creamy Spread & Playful Pita › Mini Pepper Pieces 	<ul style="list-style-type: none"> › Quinoa Crunchies › Bubbly Banana
		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

Weekly, the children are enjoying exposure to a variety of multicultural yummy foods. My family's all-time favourite dinner is taco night with all the fixings. Lately, I have been adding chipotle to the sauce and it is really dialing up the heat!



Kidco Kitchen Fun Fact:

Authentic guacamole does not use lime or garlic. The typical recipe for authentic guacamole is tomato, white onion, avocado, serrano chili or jalapeno, cilantro and salt. It is roughly mashed and sometimes olive oil can be added.....so delicious!!!

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	<ul style="list-style-type: none"> Yogurt Parfait & Granola Outstanding Orange 	<ul style="list-style-type: none"> Popular Peach Loaf Cantaloupe Cubes 	<ul style="list-style-type: none"> Blueberry Bagel & Cream Cheese Groovy Grapes 	<ul style="list-style-type: none"> Raspberry Bran Muffin Pineapple Tidbits 	<ul style="list-style-type: none"> Berries & Oats Perfect Pear
	<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"> Beef Sliders Veggie Sliders 	<ul style="list-style-type: none"> Best BBQ Chicken Best BBQ Beans 	<ul style="list-style-type: none"> Tasty Tuna Melt Tasty Veggie Melt 	<ul style="list-style-type: none"> Chitty Chitty Turkey Chili Chitty Chitty Bean Chili
	<ul style="list-style-type: none"> Quinoa & Brown Rice Bold Broccoli 	<ul style="list-style-type: none"> Whole Wheat Bun Only Orange Wedges 	<ul style="list-style-type: none"> Confetti Couscous Spring Veggie Medley 	<ul style="list-style-type: none"> Toasties Garden Green Beans 	<ul style="list-style-type: none"> Corn Bread P's & Q's
	<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*
Afternoon Snack 	<ul style="list-style-type: none"> Cheese Bites & Pretzel Twist Bubbly Banana 	<ul style="list-style-type: none"> Tabbouleh & Crackers Cucumber Coins 	<ul style="list-style-type: none"> Beany Bean Dip & Dipping Sticks Crazy Carrots 	<ul style="list-style-type: none"> Vanilla Chia Pudding Kooky Kiwi 	<ul style="list-style-type: none"> Banana Smoothie Trail Mix
	<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

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Chef Lisa's Tip:

Try upping your grain game and stepping outside the box! At Kids & Company we serve a variety of grains on every menu including: quinoa, couscous, rice, barley, wheat berry, chia seeds, whole wheat breads and more! Be sure to check out our new wheat berry and strawberry salad on the new spring menu!!!!



Kidco Kitchen Fun Fact:

Whole grains contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original state. The bran and germ are actually the most nutritious parts of the grain which is why you should always choose whole grains! They are rich with B vitamins and complex carbohydrates.

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	<ul style="list-style-type: none"> › Whole Grain Cereal › Awesome Apple 	<ul style="list-style-type: none"> › Whole Wheat Pancake & Blueberry Drizzle › Outstanding Orange 	<ul style="list-style-type: none"> › Peach Smoothie & Scone › Kooky Kiwi 	<ul style="list-style-type: none"> › English Muffin & Fruit Spread › Honeydew Melon Munchies 	<ul style="list-style-type: none"> › Carrot Coconut Muffin › Bubbly Banana
	› Milk	› Milk	› Milk	› Milk	› Milk
Lunch 	<ul style="list-style-type: none"> › Turkey Sloppy Joe's 	<ul style="list-style-type: none"> › Bright Beef & Broccoli 	<ul style="list-style-type: none"> › Chicken Caesar Wrap 	<ul style="list-style-type: none"> › Maple Dijon Salmon  	<ul style="list-style-type: none"> › Roaring Red Lentil Pasta 
	<ul style="list-style-type: none"> › Veggie Sloppy Joe's 	<ul style="list-style-type: none"> › Bright Bean & Broccoli 	<ul style="list-style-type: none"> › Bean Caesar Wrap 	<ul style="list-style-type: none"> › Maple Dijon Fillet 	
	<ul style="list-style-type: none"> › Rock'n Roll › Sugar Snap Peas 	<ul style="list-style-type: none"> › Terrific Thai Noodles › Sweet Corn 	<ul style="list-style-type: none"> › Whole Wheat Tortilla › Tiny Tomato Salad 	<ul style="list-style-type: none"> › Wheat Berry & Strawberry Salad › Crazy Carrots 	<ul style="list-style-type: none"> › 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*
	<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
Afternoon Snack 	<ul style="list-style-type: none"> › Yummy Yogurt Dip & Dipping Sticks › Crazy Carrots 	<ul style="list-style-type: none"> › Quinoa Crunchies › Pineapple Tidbits 	<ul style="list-style-type: none"> › Oatmeal Cookie › Groovy Grapes 	<ul style="list-style-type: none"> › Cheese Bites & Crackers › Perfect Pear 	<ul style="list-style-type: none"> › Creamy Spread & Playful Pita › Mini Pepper Pieces
	› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

Smoothies are hugely popular in my house, even with some of my children who claim they do not like fruit or yogurt. Smoothies are vitamin packed, easily portable and a delicious breakfast. Try making a smoothie with frozen tropical fruit and coconut milk!



Kidco Kitchen Fun Fact:

The children love smoothies so we serve them every week featuring a different variety of spring flavours. If you want to pack some additional nutrients into your smoothie, add a tablespoon of chia seeds, ground flax seed or wheat germ.

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