



Building healthy
bodies & minds



Winter Menu

Regular ♦ Vegetarian ♦ With Fish

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> › Whole Grain Cereal › Cutie Clementine 	<ul style="list-style-type: none"> › Raisin Bread › Honeydew Melon 	<ul style="list-style-type: none"> › Apple Butter & Radiant Rice Cake › Groovy Grapes 	<ul style="list-style-type: none"> › Monkey Mixer › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Mango Smoothie › Kooky Kiwi
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Penne Pasta Bolognese	› Mighty Meatloaf	<ul style="list-style-type: none"> › Beanny Biryani 	› Fish Provencal	› Beef Fajitas
		› Penne Pasta Veggie Bolognese	› Veggie Meatloaf		› Fillet Provencal	› Fajitas
		› Bold Broccoli	› Merry Mashed Potatoes	› Vibrant Veggie Soup	› Blissful Barley	› Rice & Beans
			› Petite Peas		› Glorious Green Beans	› Shredded Cheese
					› Sweet Corn	
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> › Cheese Bites & Crackers › Awesome Apple 	<ul style="list-style-type: none"> › Oatmeal Cookie › Energetic Edamame 	<ul style="list-style-type: none"> › Banana Bread › Cucumber Coins 	<ul style="list-style-type: none"> › Playful Pita & Creamy Spread › Cutie Clementine 	<ul style="list-style-type: none"> › Quinoa Crunchies › Perfect Pear
		› Water	› Water	› Water	› Water	› Water

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



Chef Lisa's Tip:

We are proud to serve a vegetarian meal every week to the children across the country. I do Meatless Mondays at home with my own family and it is a great way to get children to try different protein sources!



Kidco Kitchen Fun Fact:

Mangos provide 100% of your daily vitamin C, 35% of your daily vitamin A and 12% of your daily fiber!

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> Yogurt Parfait & Granola Awesome Apple 	<ul style="list-style-type: none"> Hot Oatmeal Perfect Pear 	<ul style="list-style-type: none"> Bagels & Cream Cheese Kooky Kiwi 	<ul style="list-style-type: none"> Mixed Berry Smoothie Honeydew Melon 	<ul style="list-style-type: none"> Morning Glory Muffin Cutie Clementine
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		› Sloppy Joe's	› Sunshine Stew	› Teriyaki Chicken	› Chicken Pot Pie	› Maple Glazed Fish
		› Veggie Sloppy Joe's		› Teriyaki Tofu Bits	› Veggie Pot Pie	› Maple Glazed Fillet
		› Rock'n Roll › Winter Veggie Medley	› Quinoa & Brown Rice	› Terrific Thai Noodles › Glorious Green Beans	› Biscuits › Bold Broccoli	› Outstanding Orzo › Crazy Carrots
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> Scrumptious Scone Fruit Spread Cantaloupe Cubes 	<ul style="list-style-type: none"> Spiced Carrot Loaf Busy Banana Bits 	<ul style="list-style-type: none"> Happy Hummus Cucumber Coins Dipping Sticks 	<ul style="list-style-type: none"> Trail Mix Awesome Apple 	<ul style="list-style-type: none"> Cheese Bites & Crackers Groovy Grapes
		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

Oatmeal is the perfect start to every morning. I love to add fresh fruit with a drizzle of maple syrup to sweeten my morning.



Kidco Kitchen Fun Fact:

Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 B.C. The ancient Greeks were the first people known to have made a recognizable porridge (cereal) from oats!

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack		<ul style="list-style-type: none"> › Whole Grain Cereal › Cutie Clementine 	<ul style="list-style-type: none"> › Blueberry Smoothie › Groovy Grapes 	<ul style="list-style-type: none"> › Banana Roll Up › Kooky Kiwi 	<ul style="list-style-type: none"> › Raisin Bread › Perfect Pear 	<ul style="list-style-type: none"> › Apple Cinnamon Loaf › Honeydew Melon
		› Milk	› Milk	› Milk	› Milk	› Milk
Lunch		<ul style="list-style-type: none"> › Chitty Chitty Bean Chili 	<ul style="list-style-type: none"> › Shepherd's Pie 	<ul style="list-style-type: none"> › Marvelous Chicken Mac & Cheese 	<ul style="list-style-type: none"> › Savoury Sole Fillet 	<ul style="list-style-type: none"> › Best Butter Chicken
		› Corn Bread	› Vivacious Veggie Pie	› Marvelous Tofu Mac & Cheese	› Savoury Fillet	› Best Butter Beans
		› Bold Broccoli	› Root'n Toot'n Veggies	› Crazy Carrots	› Rock'n Roll	› Basmati Rice
		› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*	› Fruit Fiesta*
		› Milk	› Milk	› Milk	› Milk	› Milk
Afternoon Snack		<ul style="list-style-type: none"> › Apple Sauce & Granola › Perfect Pear 	<ul style="list-style-type: none"> › Quinoa Crunchies › Cantaloupe Cubes 	<ul style="list-style-type: none"> › Oatmeal Cookie › Awesome Apple 	<ul style="list-style-type: none"> › Playful Pita & Creamy Spread › Cutie Clementine 	<ul style="list-style-type: none"> › Cheese Bites & Crackers › Energetic Edamame
		› Water	› Water	› Water	› Water	› Water

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Chef Lisa's Tip:

Change up your fruit game at home by incorporating some new colourful or exotic fruits into your meals and snacks. We serve at least 10 different fruits a week for the children to enjoy!



Kidco Kitchen Fun Fact:

Lentils increase steady, slow-burning energy due its fibre and complex carbohydrates. Lentils are also a good source of iron, which transports oxygen throughout your body and is essential to energy production and metabolism!

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	<ul style="list-style-type: none"> Yogurt Parfait & Granola Awesome Apple 	<ul style="list-style-type: none"> Bagels & Cream Cheese Honeydew Melon 	<ul style="list-style-type: none"> Hot Oatmeal Perfect Pear 	<ul style="list-style-type: none"> Banana Smoothie Kooky Kiwi 	<ul style="list-style-type: none"> Better Beet Loaf Busy Banana Bits
	<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"> Super Stir-Fry 	<ul style="list-style-type: none"> Zesty Lemon Salmon  	<ul style="list-style-type: none"> Tantalizing Turkey Tetrazzini 	<ul style="list-style-type: none"> Beef Barley Stew 	<ul style="list-style-type: none"> Roaring Red Lentil Pasta 
	<ul style="list-style-type: none"> Super Veggie Stir-Fry 	<ul style="list-style-type: none"> Zesty Lemon Fillet 	<ul style="list-style-type: none"> Tantalizing Veggie Tetrazzini 	<ul style="list-style-type: none"> Hearty Herbivore Stew 	<ul style="list-style-type: none"> Bold Broccoli
	<ul style="list-style-type: none"> Glorious Green Beans 	<ul style="list-style-type: none"> Confetti Couscous Sweet Corn 	<ul style="list-style-type: none"> Crazy Carrots 	<ul style="list-style-type: none"> Winter Veggie Medley 	<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*
Afternoon Snack 	<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
	<ul style="list-style-type: none"> Scrumptious Scone Fruit Spread Groovy Grapes 	<ul style="list-style-type: none"> Happy Hummus Cucumber Coins Dipping Sticks 	<ul style="list-style-type: none"> Zippy Zucchini Muffin Cantaloupe Cubes 	<ul style="list-style-type: none"> Trail Mix Awesome Apple 	<ul style="list-style-type: none"> Cheese Bites & Crackers Cutie Clementine
<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:

Children respond well to bright colourful foods as they rely more heavily on their sense of sight than adults. I am super excited for the kids to see our new bright and colourful beet hummus and loaf!



Kidco Kitchen Fun Fact:

Beets can be a colourful addition to salads, baking and more. Not only are they colourful, but they are packed with antioxidants, folate and iron. Pickled beets are a great way to store beets throughout the winter!

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