



Helping children eat well and perform better.

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www.kidskitchen.ca



Leave the lunches to us.



Spend more quality time with your kids.

With everything that's on your plate, you can feel good about ordering our hot, fresh lunches because they're delicious, affordable and are as good as homemade. Rely on us to make your child's lunch in our nut-free kitchen and delivered fresh at lunch time.

Order today!

Go to www.kidskitchen.ca to see your school's menu and for easy, secure online ordering,



Special diet needs?
No problem! We're here for you.



Turn over for a sample menu



Serving hot lunches to GTA schools since 2001!

Delivering good, real food to kids at school

Our commitment is to provide nutritious, delicious, “home-cooked” meals with simple ingredients that you’d find in your own kitchen.

Kid's Kitchen 2017-2018 Sample Menu

Here's a taste of what we've got cooking at Kid's Kitchen. Choices and availability may vary by school. Please visit www.kidskitchen.ca to see your customized menu.

Monthly Specials such as

Cheese OR Meat ravioli
Butter chicken with rice
Salisbury steak with veggies
Spaghetti with meatballs
Honey garlic OR BBQ chicken drumsticks with corn
Beef OR Bean soft taco
Meat OR Veg lasagna
Chicken OR Tofu teriyaki
Chicken shawarma OR Falafel sandwich
Meatballs with mashed potatoes
And more...

Themed Specials such as

Thanksgiving: Turkey lunch special
Christmas: Roast chicken leg lunch special
Spring: Sliders combo special

Daily Entrees

Macaroni & cheese
Greek chicken with rice
Meatloaf with mashed potatoes
Pancakes with turkey sausages
Pasta with meat OR tomato sauce (GF)
Buttery pasta
Chicken Caesar wrap
Chicken fingers with rice pilaf (GF)
Beef, Chicken OR Veggie burgers (H)
Grilled chicken Caesar salad (GF)

Side Items

Baked potato with sour cream
Garden salad
Steamed veggies
Corn niblets
Edamame (shelled)
Cucumber slices
Veggies & dip
Perogies
Chicken fingers
Pancakes with syrup
Garlic bread

Snacks & Desserts

Choice of fresh fruits
Yogurt cup
Mini pita with cream cheese
Banana chocolate chip muffin
Banana blueberry loaf (GF)
Chocolate chip cookie
Kettle popcorn
Chocolate chip granola bar

Drinks

Choice of 100% juices
Regular OR Chocolate milk
Chocolate soy milk
Lemon iced tea (caffeine free)
Protein shake (lactose free)
Bottled water

Various condiments available.

(GF) Gluten-friendly also available

(H) Halal also available

The Kid's Kitchen Food Philosophy Checklist:

- ✓ **Fresh**
- ✓ **Healthy**
- ✓ **Tasty**
- ✓ **Reliable**
- ✓ **Convenient**

Made from scratch every day.

Your child(ren)'s lunches will always be made fresh in the morning. If we can't make something, we only use suppliers that share our passion for high quality food.

We know local is fresher.

Local farmers top our list for buying fresh fruits, vegetables, beef and chicken whenever possible. We use Canadian chicken which is raised without added hormones or routine antibiotics.

Pure ingredients make better meals.

Our focus is to use fresh, natural ingredients. We use only whole grain/wheat breads and wraps; enriched pastas; and 100% juice.

100% nut-free.

Our entire kitchen is a nut-free zone. We take pride in the nut-free, baked products that are made in-house, or bought from nut-free bakeries.

Nutrition or taste? We deliver both.

Our menus have been developed in consultation with a Registered Dietician and meet the Ontario School Food and Beverage guidelines.

