



TCPS: Prep + Gr 1-8 SUMMER 2024 MENU

Entrees

Buttery Pasta	\$6.00
Chicken fried rice	\$6.50
Tofu fried rice	\$6.50
Homemade Macaroni & cheese	\$6.50
Chicken fingers with rice pilaf (GF) (H)	\$7.00
Veggie fingers with rice pilaf	\$7.50
Meatballs with mashed potatoes & gravy (H)	\$7.50
Perogies (7 pcs) with sour cream	\$7.00
Pasta with meat sauce (GF)	\$7.50
Pasta with tomato sauce (GF)	\$6.25
Chicken Vegetable Stirfry (lo mein)	\$7.25
Tofu Vegetable Stirfry (lo mein)	\$7.25

Sandwiches & Wraps

Beef burger	\$5.75
Chicken burger (H)	\$6.25
Veggie burger	\$6.75
BLT (turkey bacon, lettuce, tomato)	\$6.50
Chicken Caesar Wrap (H)	\$6.75
Veggie (w/ tofu strips) Caesar Wrap	\$7.25
Grilled cheese sandwich on whole wheat bread	\$6.00
Grilled cheese & turkey sandwich	\$7.00

Side Items

Steamed Corn niblets	\$1.75
Steamed Rice	\$2.35
Edamame (cold, shelled)	\$2.35
Garlic bread	\$1.75
Cucumber slices	\$1.75
Veggies & dip (ranch)	\$2.75
Chicken fingers only (2pcs) (GF) (H)	\$5.00
Veggie fingers only (2pcs)	\$5.25

Snacks & Desserts

Banana muffin (SFTE)	\$1.75
Carrot muffin (GF) (SFTE)	\$1.75
Chocolate chip cookie (SFTE)	\$1.50
Chocolate pudding	\$1.75
Diced fruit	\$2.35
Fudgy Brownie (SFTE)	\$1.75
Fruit of the day	\$1.75
Popcorn	\$1.95
Superfood granola bar (SFTE)	\$1.75

Drinks

Apple Juice	\$1.55
Fruit Punch (Oasis Wildberry)	\$1.55
Strawberry Banana Orange juice	\$1.55
Apple Grape Juice	\$1.55

Condiments

Butter	\$0.35
Cheddar Cheese slice	\$0.55
Parmesan cheese	\$0.55
Mayonnaise	\$0.35
Pickles	\$0.35
Plum sauce	\$0.35
Ketchup, Relish, Mustard, Mayo	Comp.
Salt & Pepper	Comp.

(GF) Gluten-friendly also available. See prices online.

(H) Halal version also available. See prices online.

(SFTE) Sweets from the Earth Premium Baked Good.

HST will be added to the meal price at billing.

Prepared with care in our inspected, commercial nut-free facility.

We specialize in individually packaged Grab'n'Go service. We follow all Public Health Guidelines & Safety Protocols.

Please contact us directly regarding any allergy questions or concerns.

Due to challenges with food supply, substitutions may be made at our discretion.

Visit our website at www.kidskitchen.ca for more menu options.

Ordering is easy! Online orders must be entered by 10am the previous business day.

Call: 905-944-0210 Email: information@kidskitchen.ca

Leave the lunches to us!

