

FAVOURITES

- Baked Chicken Strips (plum sauce & ketchup)
- Mac & Cheese (made-from-scratch)

SUSHI

- California Roll (imit. crab, avocado & japanese mayo)
- Avocado Roll (V) (GF w/out soy sauce)
- Cucumber Roll (V) (GF w/out soy sauce)

PASTA

- Butter only or Butter and Parmesan (V) (GF)
- Tomato or Alfredo Sauce (V) (GF)
- Bolognese (meat sauce) (GF)
- Hand-made Meatballs
- Mediterranean Cold Pasta Salad (V)

MEXICAN

- Breakfast Burrito (cheese, rice, beans, egg and salsa) (V)
- Beef or Black Bean Burrito (with cheese and rice) (V) (DF) (GF)
- Quesadilla Cheese Only (V) (GF)
- Quesadilla with Ham or Chicken (GF)
- Pizza-dilla (with cheese, tomato sauce and pepperoni) (GF)

ASIAN

- Chicken or Vegetable Fried Rice (V) (DF)
- Chicken or Tofu Teriyaki (V) (w/ rice & veggies) (DF)
- Orange Ginger Chicken (w/ rice & veggies) (DF)

WORLD KITCHEN

- Chicken Souvlaki - marinated chicken, rice & potato (GF)
- Butter Chicken or Chickpea (V) (on rice) (GF)
- Tandoori Chicken or Vegetable Samosa (V)

SANDWICHES SUBS & WRAPS

- Sub: Ham - Turkey - Veggie (V)
- Wraps - Chicken Caesar or BLT
- Grilled Cheese (V) or Ham and Cheese

(V) Vegan (V) Vegetarian (GF) Gluten Free (option) (DF) Dairy Free (option)

Small portions are typically 8oz, Large 12 oz.



Raise more funds and spend less time on your school lunch program with our **FREE** ordering platform at www.foodeaze.ca. No more setting up menus, handling financial transactions or parent inquiries. We do it all! - Contact us for more details

SIDES

- Green Salad
- Caesar Salad
- Veggie Cup w/Ranch Dip
- Carrot sticks w/ Ranch Dip
- Fruit Cup
- Side Whole Wheat Bun
- Side Cup of Rice
- Edamame Beans
- Warm Corn Kernels
- Mini Veggie Springrolls (3)

DESSERT

- Chocolate Chip Cookie
- Oatmeal Raisin Cookie
- Banana or Lemon Loaf

Carrot Cake w/ Icing

MILK

- 2%
- Chocolate

JUICE

- Apple - Grape - Wildberry -
- Apple/Orange/Peach - Fruit Medly

ADD ONS

- Add Chicken
- Add Bacon
- Add Cheese

GLUTEN FREE

- Gluten Free Pasta
- Gluten Free Wrap



SLIDERS - New Recipe!

Beef (on a brioche bun from the oven) (2oz)
Cheese Slider

CHILI

Beef GF
Vegetarian V GF DF

SEAFOOD

Baked Mayo Salmon (w/ rice & veggies) GF

SOUP

Chicken Noodle or Veggie Noodle Bowl V

V Vegan V Vegetarian GF Gluten Free (option) DF Dairy Free (option)

IMPORTANT INFORMATION

ORDER SUBMISSION DEADLINE: Orders must be placed by Wednesday midnight the week before delivery, there are no exceptions possible.

ORDER CHANGES: Orders can be changed or cancelled prior to the deadline ONLY.

CUTLERY NOT PROVIDED: Foodie Kids Inc. does not provide cutlery with your food order. The enormous amount of plastic waste is no longer something we can support.

GUARANTEE OF SERVICE: Foodie Kids, like all businesses, strives to provide the best service possible at the highest standards without errors. We can not, however, guarantee 100% that there will be no errors made. In the process of making lunches for up to 2500 kids per day, many things need to happen and many people are involved. The chance of human error is always there. If you have special requirements that would be compromised were a mistake to happen, we strongly suggest NOT to order from us. (Please note Allergies section below)

ALLERGIES: We do not have the ability to create special orders. The menu contains several options that would be suitable for many different dietary restrictions such as Gluten Free, Vegetarian, no pork etc. Other than the options available through our on-line ordering system, there are no changes to the menu possible

NUTS: While we offer a 100% nut-free menu, we are NOT a nut-free facility.

GLUTEN-FREE: While we offer gluten-free menu options, we are NOT a gluten-free kitchen.

Cross contamination is always possible. It is the sole responsibility of the purchaser to ensure that the ingredients in the product being purchased are safe for consumption due to allergies.

If a child is very sensitive or is anaphylactic to an ingredient used in our kitchen, this person should not place an order. We take allergies very seriously but we cannot guarantee cross contamination will not occur.

Please contact us directly for any inquiries regarding allergies or special requests.

A balanced menu of freshly-prepared whole foods.

A free, time-saving, no-stress integrated on-line ordering system.

No menu restrictions, everything is available every day!

We only use environmentally responsible packaging

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