

EVERY DAY LUNCH MEAL OPTIONS

ROSE REISMAN **CATERING**



KIDS LUNCH PROGRAM

- Real ingredients, real food
- Kid-friendly healthy menu choices
- 10,000 Sq. Ft. industrial kitchen

Lunch programs are customized to each school and students' specific needs, while at the same time meeting the requirements of Canada's Food Guide to Healthy Eating.



Nut and Tree Nut Free Facility
Learn more online at:
kidslunch.ca/program-snapshot

CHICKEN

REGULAR LARGE AVAILABLE

Baked Chicken Nuggets with Mashed Potatoes and Vegetables	\$5.25	\$6.25	Everyday
Chicken & Vegetable Potstickers	\$5.50	\$6.50	Mon, Fr D
Chicken Teriyaki with Rice and Vegetables	\$5.50	\$6.50	Thurs, Fri
Butter Chicken with Rice and Naan	\$5.50	\$7.00	Everyday
Chicken "Fried" Rice	\$5.00	\$6.50	Everyday G
BBQ Chicken with Mashed Potato and Vegetables	\$5.25	\$6.25	Everyday

BEEF

REGULAR LARGE AVAILABLE

Beef Lasagna	\$5.75	\$6.75	Mon, Tues, Wed
Beef Sliders	\$5.75	\$6.75	Everyday
Cheese Burger	\$6.25	X	Tues, Wed, Fri
Whole Wheat Spaghetti & Meatballs	\$5.25	\$6.25	Everyday
Beef Soft Taco	\$6.00	\$7.25	Mon, Thurs

VEGETARIAN

REGULAR LARGE AVAILABLE

Cheese Lasagna	\$5.50	\$6.50	Thurs, Fri V
Cheese Pizza	\$5.25	\$6.25	Tues, Wed V
French Toast with Maple Syrup	\$4.75	\$5.75	Everyday V
Gluten Free Pasta with Choice of Sauce: Pesto, Tomato, Plain	\$5.00	\$6.00	Everyday G V
Grilled Cheese	\$5.25	\$6.25	Everyday V
Mac and Cheese	\$5.25	\$6.25	Everyday V
Pancakes with Maple Syrup	\$4.75	\$5.75	Everyday V
Penne with Choice of Sauce: Pesto, Tomato, Plain	\$4.75	\$5.75	Everyday V
Rose's Chickpea Nuggets with Mashed Potatoes and Vegetables	\$5.50	\$6.50	Everyday V



For More Info Visit Us: www.kidslunch.ca
Have Questions? Email Us: kidslunch@rosereismancatering.com

G Gluten Free **D** Dairy Free **V** Vegetarian

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Black Bean Burger on a Gluten Free Bun	\$6.00	\$6.50	Everyday	G D V
Butternut Squash Ravioli with Butter and Parmesan Cheese	\$5.50	\$6.50	Thurs, Fri	V
Whole Wheat Penne with Choice of Sauce: Pesto, Tomato, Plain	\$4.75	\$5.75	Everyday	V
Tofu Fried Rice	\$5.00	\$6.00	Everyday	G V

OTHER

	REGULAR	LARGE	AVAILABLE	
Gluten Free Chicken Snack Pack	\$6.00	X	Everyday	G
Gluten Free Egg Snack Pack	\$6.00	X	Everyday	G V
Chicken Snack Pack	\$6.00	X	Everyday	
Egg Snack Pack	\$6.00	X	Everyday	V

SALADS

	REGULAR	LARGE	AVAILABLE	
Arugula & Sweet Potato Salad	\$7.00	X	Everyday	G V
Baby Spinach Salad with Strawberries and Goat Cheese	\$7.00	X	Everyday	G V
Caesar Salad with Choice of: Chicken, Salmon, Tofu	\$7.00	X	Everyday	
Caesar Salad with Choice of: Chicken, Tofu	\$7.00	X	Everyday	
Chicken Taco Salad	\$7.50	X	Everyday	
Cobb Salad	\$7.50	X	Everyday	G V
Greek Salad with Choice of: Chicken, Salmon, Tofu	\$7.00	X	Everyday	G
Greek Salad with Choice of: Chicken, Tofu	\$7.00	X	Everyday	G
Quinoa Salad with Choice of: Chicken, Salmon, Tofu	\$7.00	X	Everyday	G
Quinoa Salad with Choice of: Chicken, Tofu	\$7.00	X	Everyday	G

SANDWICHES/WRAPS

	REGULAR	LARGE	AVAILABLE	
Hot Egg Breakfast Sandwich with Choice of: Cheese, Cheese & Sliced Turkey, Plain	\$5.50	X	Mon, Tues, Wed	
Bagel with Cream Cheese and Smoked Salmon	\$5.75	X	Everyday	
BLT on a Rustic Bun (Dress Your Own - Add Mayo)	\$5.50	X	Everyday	D
Egg Salad on a Rustic Bun (Dress Your Own)	\$5.50	X	Everyday	D V
Gluten Free Chicken Wrap	\$6.50	X	Everyday	G D
Gluten Free Egg Salad Wrap	\$6.50	X	Everyday	G D V
Gluten Free Tuna Wrap	\$6.50	X	Everyday	G D
Grilled Chicken Caesar Salad Wrap	\$6.00	X	Everyday	
Sliced Chicken on a Rustic Bun (Dress Your Own)	\$5.50	X	Everyday	D
Tuna Salad on a Rustic Bun (Dress Your Own)	\$5.50	X	Everyday	D

COMPLIMENTARY SIDES (Choice of one)

Bell Peppers

Cantaloupe

Carrots



Celery

Cucumber

Grape Tomato

Grapes

Honeydew

Orange

CLASS BIRTHDAY TREATS

REGULAR

Brownies (12)

\$18.00

Cake Pops (12)

\$18.00

Cookies, 3Oz. (12)

\$18.00

SNACKS

REGULAR

Apple Rings

\$1.00

Fresh Fruit Cup

\$2.00

Grapes

\$1.00

Mango Slices

\$2.00

Orange Wedges

\$1.00

Cake Pop

\$1.75

Chocolate Chip Cookie

\$1.25

Mini Brownie

\$1.50

Oatmeal Raisin Cookie

\$1.25

Rice Krispie Treat

\$1.25

Cheddar Cheese Slices with Whole Grain Crackers

\$1.75

Fresh Cut Vegetables and Dip

\$2.25

Granola Mix

\$1.00

Hummus (Sesame Free) with Whole Grain Crackers

\$1.75

Popcorn

\$1.75

Snack Pack with Fruit

\$3.50

Snack Pack with Veggies

\$3.50

Gluten Free Snack Pack with Fruit

\$3.50

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Gluten Free Snack Pack with Veggies

\$3.50

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Tortilla Chips and Salsa

\$1.75

Vanilla Greek Yogurt

\$1.50

DRINKS

REGULAR

Dairy Free Berry Smoothie

\$3.00

D

Dairy Free Chocolate Banana Smoothie

\$3.00

D

Dairy Free Mango Smoothie

\$3.00

D

Milk, 2%

\$1.25

Milk, Chocolate

\$1.25



ADD-ONS

REGULAR

Chicken Noodle Soup	\$2.00	
Chicken Nuggets	\$2.25	
Chickpea Nuggets	\$2.25	V
Corn Niblets	\$1.00	
Edamame	\$1.25	V
Hard Boiled Egg	\$0.75	V
Mashed Potato	\$1.75	G V
Meatballs	\$2.25	
Mini Dinner Roll	\$0.50	
Corn on The Cob	\$2.00	G V
Side Caesar Salad	\$2.25	V
Side Greek Salad	\$2.25	G V
Side House Salad	\$2.25	G V
Side Quinoa Salad	\$2.25	G V
Side Three Bean Salad	\$2.25	G V
Steamed Mixed Vegetables	\$1.25	G V
Tomato Soup	\$2.00	G D V

CONDIMENTS

REGULAR

Butter	\$0.25	
Cheese Slice	\$0.50	
Extra Maple Syrup	\$0.25	
Guacamole	\$0.75	
Ketchup	X	
Lettuce	X	
Mayo	X	
Mustard	X	
Parmesean	\$0.50	
Plum Sauce	X	
Ranch Dip	\$0.25	
Relish	X	
Salsa	\$0.50	
Sliced Dill Pickle	\$0.50	
Sour Cream	\$0.25	
Soy Sauce	X	
Tomato	X	
BBQ Sauce	\$0.25	
Extra Tzatziki	\$0.50	

