



SUMMER 2019 MENU RIVERWOOD

Entrees

Beef burger on a whole wheat bun	\$5.50
Bean Soft Taco (vegetarian option)	\$6.00
Beef Soft Taco	\$6.00
BLT (turkey bacon, tomato and lettuce on a whole wheat)	\$6.00
Buttery pasta	\$5.50
Chicken burger on a whole wheat bun	\$5.50
Chicken fingers with rice pilaf (Regular or GF)	\$6.25
Chicken Caesar wrap	\$6.50
Macaroni & cheese	\$6.00
Meat Lasagna	\$7.00
Penne with meat sauce (Regular or GF)	\$6.25
Penne with tomato sauce (Regular or GF)	\$5.75
Perogies (7pcs) with sour cream	\$5.75
Stirfry noodles with chicken and veggies	\$6.75
Stirfry noodles with tofu and veggies	\$6.50
Grilled cheese sandwich on whole wheat bread	\$5.75
Sushi Rolls (16pcs) Cucumber Rolls	\$7.00
Salisbury steak with mashed potatoes	\$6.75
Whole grain Pancake (3pcs) with Yogurt Cup	\$6.50
Veggie burger	\$6.00

Drinks

2% or Chocolate milk	\$1.25
Chocolate soy milk	\$1.75
Various fruit juices (100% juice)	\$1.00
Lemon iced tea (caffeine free)	\$1.25
Apple watermelon juice (100% juice)	\$1.25
Bottled water	\$1.25

Side Items & Desserts

(GF) Banana blueberry muffin	\$1.75
Baked potato with sour cream	\$1.75
Banana chocolate chip muffin	\$1.50
Granola Bar	\$1.50
Brownie	\$1.50
Chocolate chip cookie	\$1.50
Chocolate pudding	\$1.50
Steamed veggies	\$2.00
Edamame (shelled)	\$2.25
Fresh apple	\$1.50
Banana	\$1.50
Fresh diced fruit	\$1.75
Garlic bread	\$1.50
Kettle popcorn	\$1.75
Yogurt cup	\$1.50
Veggies & dip	\$2.25
Hummus & Pita	\$2.50
Garden Salad with Ranch Dressing	\$2.50

Condiments

Butter	\$0.25
Cheese slice	\$0.50
Mayonnaise	\$0.25
Parmesan cheese	\$0.25
Pickles	\$0.25
Plum sauce	\$0.25
Extra syrup	\$0.25
Salt & pepper, Ketchup, Relish, Mustard	Comp.

(GF) Gluten-friendly also available. See prices online.
HST will be added to the lunch price at billing.

Visit our website for more menu options. Ordering is easy!

Visit us @ www.kidskitchen.ca

Call us @ 905-944-0210

Email us @ information@kidskitchen.ca

Leave the lunches to us!

