



Proud to be serving lunch at
ROSEDALE HEIGHTS P.S.
 Service Day(s): Tuesday & Thursday

Entrees

Beef burger	\$7.25
Buttery Pasta	\$6.75
California Rolls (9 pcs)	\$9.00
Chicken Burger (H)	\$7.25
Chicken Fingers with potato wedges (H)	\$8.25
Chicken Vegetable Stir-fry with Lo Mein noodles (H)	\$8.25
Grilled Cheese sandwich on whole wheat bread	\$6.50
Grilled Cheese & Turkey sandwich	\$7.50
Macaroni & Cheese	\$7.50
Meatballs with mashed potatoes, gravy & corn (H)	\$8.50
Pancakes (2pcs) with Turkey sausage (2pcs) & syrup	\$8.25
Pasta with meat sauce (GF)	\$8.00
Pasta with tomato sauce (GF)	\$6.75
Veggie (w/ tofu) Stir-fry with Lo Mein Noodles	\$7.75
Vegetarian California Rolls (9 pcs)	\$9.00
Veggie balls with mashed potatoes, gravy & corn	\$8.50
Veggie burger	\$6.75

Complete Meals

BLT (turkey bacon, lettuce & tomato) with Fruit	\$8.50
Chicken caesar wrap with Fruit (H)	\$8.25
Cucumber Maki Sushi with Edamame (cold, shelled)	\$9.00
Chicken fried rice (H)	\$7.50
Tofu fried rice	\$7.50

Snacks & Desserts

Banana muffin (SFTE)	\$1.95
Carrot muffin (gluten-friendly) (SFTE)	\$1.95
Chocolate chip cookie (SFTE)	\$1.85
Diced fruit	\$2.50
Fruit of the day	\$1.75
Fudgy Brownie (SFTE)	\$2.00
Popcorn (gluten-dairy free)	\$2.50
Yogurt cup	\$1.75

Side Items

Baked potato with sour cream	\$2.50
Chicken fingers only (2pcs) (GF) (H)	\$5.50
Corn niblets	\$2.25
Cucumber slices	\$2.00
Edamame (cold, shelled)	\$2.50
Garden salad with italian dressing	\$3.75
Garlic bread	\$2.00
Pancakes (2pcs) with syrup	\$5.50
Perogies (4pcs) with sour cream	\$4.75
Steamed Rice	\$2.75
Veggies & dip (ranch)	\$2.75

Drinks

2% Milk	\$1.75
Chocolate Milk	\$2.00
Various fruit juices (100% juice)	\$1.75

Apple juice; Apple grape; Fruit punch; Strawberry banana orange

Condiments

Butter	\$0.50
Cheddar Cheese slice	\$1.00
Extra Syrup	\$0.35
Mayonnaise	\$0.55
Parmesan cheese	\$0.55
Pickles	\$0.60
Plum sauce	\$0.50
Ketchup, Relish, Mustard	Comp.

Sushi includes Soy Sauce, Ginger and Wasabi packets

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

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

(SFTE) Sweets from the Earth Premium Baked Good.

Prepared in our inspected, commercial nut-free facility. We follow all Public Health Guidelines & Safety Protocols.

We specialize in individually packaged Grab'n'Go service.

Please contact us directly regarding any allergy questions or concerns.

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

Leave the lunches to us! 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



Sept 1 - Dec 31, 2026