



Aspen Hill
Montessori



Welcome to our meal plan program!

We are excited to partner with Fuelling Minds Kitchens to offer the option of fresh-served meals and snacks for our full-time students. Fuelling Minds is fully licensed by Alberta Health Services. Menus are kid-tested and approved, are developed in accordance with Canada's Food Guide. Ingredients are locally sourced and organic where possible. To learn more about Fuelling Minds and their approach, visit <https://fuelingminds.ca/>.

Menus will be provided to subscribed families for information at the start of each 4-week cycle. A sample menu is attached to give you an idea of the exciting variety!

- Menus rotate through 8 weeks of variation
- Fuelling Minds is a dedicated nut-free facility. Allergies, religious preferences, and known intolerances (gluten, dairy, etc.) are accommodated on a rolling basis if notes are given by the family at the time of program registration. Accommodations are provided at no additional cost to the family.

Meals are served individually per-child. All meals are prepared fresh the day-of, and arrive immediately before serving using food-safe storage, handling and delivery from the provider. Children who are served food through our meal program and who bring food from home will all eat at the same time. All children regardless of program will continue to use their water bottle as their main drink for meals.

We monitor children in the program to ensure adequate food intake. We will always advise you if we are noticing eating patterns that indicate the program may not be a fit for your child. Children who are part of the meal program are still allowed to bring extra snacks from home if desired, and there are extra portions available for children who are hearty eaters.

Thank you for your understanding that un-eaten / leftover food cannot leave the facility, and cannot be stored overnight, as per requirements from Alberta Health Services. (If your child misses a day or is late, their missed food cannot be held and distributed later on; if your child does not eat all of their food, we are not allowed to send it home.) Thank you for your understanding. We work closely with Fuelling Minds to ensure foods are composted.

Who can participate?

Children who attend full days (9AM – 3:30PM) in any program with Aspen Hill Montessori can participate.

To be eligible for either the breakfast or after school snack add-on, your child must be registered to attend either before and after-care as appropriate. If you subscribe to this option, we strongly recommend that you plan to arrive no later than 8AM to before care, and leave no earlier than 4:30PM in after care.



Aspen Hill
Montessori



Fees

A \$50 non-refundable administration fee is paid for entry into the meal program once per child, per learning season. This assists with delivery fees and allocation of dishware, utensils and the dish sanitizing service for the year per child.

The program you choose determines your fees (see final page in this PDF).

- Fees are pro-rated for short months or months with a break (spring break etc.)
- There is no pro-rating for short weeks (stat holiday) as we have taken these into account in the overall pricing.
- Meal service is not provided or paid for on optional extended hours days.
- There are no sibling discounts or option to pay late, as the program is operated by an external provider.
- All fees are non-refundable once paid.

Register today!

To register, complete the forms in the registration database, or e-mail meals@aspenhillmontessori.ca with:

- your child's student ID number
- child's full name
- days they attend each week
- if they are in extended hours care, if you would like the add on before and/or after care snack

You will receive a welcome e-mail with the deposit due for the program you have selected (\$50 registration fee + your first monthly fee). This must be submitted by the deadlines indicated.

Once you have registered, a payment schedule / amounts will be provided. Payment is either by post-dated cheques dated to the 15th of the previous month, or quarterly by credit card or e-transfer.

Meal plans are intended for commitment through the learning season; however, families can withdraw with 30 days' notice (i.e. to withdraw for November and forward, you would need to give notice before Oct. 1) If a family leaves the meal program without 30 days notice, no refunds are provided for the current or following month.

What if I have more questions before committing?

E-mail meals@aspenhillmontessori.ca for information.



Aspen Hill
Montessori



Meal plans pricing for 2022-2023

NIDO program

Full day program (breakfast, lunch, 3 snacks)

3 full days: \$40 per week per child

4 full days: \$50 per week per child

5 full days: \$60 per week per child

BAMBINI programs

Two snacks + lunch

3 full days: \$40 per week per child

4 full days: \$50 per week per child

5 full days: \$60 per week per child

Add on breakfast each week: +\$10 per week per child

Add on after school snack each week: +\$10 per week per child

CASA/KINDERGARTEN programs

Two snacks + lunch

3 full days: \$50 per week per child

4 full days: \$60 per week per child

5 full days: \$70 per week per child

Add on breakfast each week: +\$10 per week per child

Add on after school snack each week: +\$10 per week per child



SAMPLE MENU

| | | | | | | |
|---|---|---------------------------------------|--|--|----------------------------------|--|
| M | 1 | BREAKFAST | AM SNACK | LUNCH | PM SNACK | AFTER SCHOOL |
| | | Blueberry Oatmeal | Roasted Pepper Hummus Dip & Baby Carrots | Chicken & Wild Rice Soup ●● with Crackers | Boiled Eggs & ●● Pretzel Buns | ● Maple Biscuits with Jam |
| | | Fresh Fruit | | Assorted Vegetables | Assorted Vegetables | |
| T | 2 | BREAKFAST | AM SNACK | LUNCH | PM SNACK | AFTER SCHOOL |
| | | ● Yogurt Parfait with Mixed Berry | ●● Cheese Biscuits | ●● Shepherds Pie | Oatmeal Drops | Berry Applesauce ●● & Arrowroot Cookies |
| | | Fresh Fruit | Assorted Vegetables | Assorted Vegetables | Fresh Fruit | |
| W | 3 | BREAKFAST | AM SNACK | LUNCH | PM SNACK | AFTER SCHOOL |
| | | ●● Scrambled Eggs & Hash Browns | Raspberry Yogurt ●● & Arrowroot Cookies | ●● Mac & Cheese | ●● WowButter Biscuits with Jam | ● Tortilla Corn Chips & Guacamole |
| | | Fresh Fruit | Fresh Fruit | Assorted Vegetables | Fresh Fruit | |
| T | 4 | BREAKFAST | AM SNACK | LUNCH | PM SNACK | AFTER SCHOOL |
| | | ●● Croissant with Jam | Crackers & Salsa | Japanese Brown Curry with Rice | Chia Pudding | ● Banana Muffins |
| | | Fresh Fruit | Assorted Vegetables | Assorted Vegetables | Fresh Fruit | |
| F | 5 | BREAKFAST | AM SNACK | LUNCH | PM SNACK | AFTER SCHOOL |
| | | Turkey, Broccoli & ●● Cheddar Tart | ● Raspberry Scones with Jam | ●● Pasta in a Creamy Butternut Squash Sauce | Dill Dip & Steamed Carrots | Hummus & Pretzel Twists |
| | | Fresh Fruit | Fresh Fruit | Assorted Vegetables | Assorted Vegetables | |

Inspiring & Enabling
Healthy Eating For
Lifelong Wellness



The Fueling Minds Promise
Fueling Minds with Real Ingredients



No artificial: colours, flavours or sweeteners no added nitrates or nitrites



Wild tuna, sustainably-sourced



Whole grains throughout the menu



Pasture-raised beef without added hormones or routine antibiotics* organic chicken and turkey

*Some exceptions may apply to accommodate religious needs



Focus on fruits, vegetables & products grown & produced locally & sustainably



Dairy products & organic tofu



Globally inspired dishes

- Contains gluten (Gluten free option provided)
- Contains dairy and egg
- Contains soy
- Herbivore protein

Pork, peanut & tree nut free

fuelingminds.ca



INFANT'S MENU

| | | | | | |
|---|---|---|---|--|---|
| M | 1 | BREAKFAST Blueberry Oatmeal | AM SNACK Roasted Pepper Hummus Dip & Baby Carrots | LUNCH Chicken & Wild Rice Soup ●● with Crackers | PM SNACK Boiled Eggs & ●● Pretzel Buns |
| | | Fresh Fruit | | Steamed Vegetables | Steamed Vegetables |
| T | 2 | BREAKFAST ● Yogurt Parfait with Mixed Berry | AM SNACK ●● Cheese Biscuits | LUNCH ●● Shepherds Pie | PM SNACK Oatmeal Drops |
| | | Fresh Fruit | Steamed Vegetables | Steamed Vegetables | Fresh Fruit |
| W | 3 | BREAKFAST ●● Scrambled Eggs & Hash Browns | AM SNACK Raspberry Yogurt & Arrowroot Cookies ●● | LUNCH ●● Mac & Cheese | PM SNACK ●● WowButter Biscuits with Jam |
| | | Fresh Fruit | Fresh Fruit | Steamed Vegetables | Fresh Fruit |
| T | 4 | BREAKFAST ●● Croissant with Jam | AM SNACK ● Crackers & Salsa | LUNCH Japanese Brown Curry with Rice | PM SNACK Chia Pudding |
| | | Fresh Fruit | Steamed Vegetables | Steamed Vegetables | Fresh Fruit |
| F | 5 | BREAKFAST Turkey, Broccoli & ●● Cheddar Tart | AM SNACK ● Raspberry Scones with Jam | LUNCH ●● Pasta in a Creamy Butternut Squash Sauce | PM SNACK Dill Dip & Steamed Carrots |
| | | Fresh Fruit | Fresh Fruit | Steamed Vegetables | Steamed Vegetables |

Inspiring & Enabling
Healthy Eating For
Lifelong Wellness



The Fueling Minds Promise
Fueling Minds with Real Ingredients



No artificial: colours, flavours or sweeteners no added nitrates or nitrites



Wild tuna, sustainably-sourced



Whole grains throughout the menu



Pasture-raised beef without added hormones or routine antibiotics* organic chicken and turkey

*Some exceptions may apply to accommodate religious needs



Focus on fruits, vegetables & products grown & produced locally & sustainably



Dairy products & organic tofu



Globally inspired dishes

- Contains gluten (Gluten free option provided)
- Contains dairy and egg
- Contains soy
- Herbivore protein

Pork, peanut & tree nut free

fuelingminds.ca