

EAST MEETS FEAST

A COOL, COLOURFUL, AND CULTURAL SELF-SERVE LUNCH

This summer, we're continuing our focus on self-serve meals that give children the opportunity to explore food at their own pace. Following the success of our Build-Your-Own Sandwich Platters, we're excited to introduce a new experience: the East Meets Feast Plate — a refreshing, globally inspired lunch full of flavour and fun.

The idea is simple: a vibrant array of Asian-style ingredients served family-style, allowing each child to choose what goes on their plate. This gives even our most selective eaters a chance to participate without pressure, and lets adventurous eaters mix, match, and explore.

What's on the East Meets Feast Plate?

This meal is fully customizable and can be served cold, making it perfect for hot days and picnics.

Grain Base:

Jasmine or brown rice, served in small mounds or rice balls

Protein Options:

Mild teriyaki chicken strips
Lightly seasoned tofu cubes

Vegetables:

Shredded carrot
Diced cucumber
Edamame (shelled)
Finely sliced red cabbage
Snow peas
Steamed broccoli florets

Fruits:

Mandarin orange segments
Fresh mango slices



Optional: nori strips (seaweed), avocado slices, rice crackers, or a light soy-lime dip
All components are offered in separate bowls for children to explore and select from.

Rice Prep (For 10–12 children):

Rinse 2 cups of jasmine or brown rice in cold water until it runs clear.
Cook with 2½ cups water (jasmine) or 3 cups water (brown) in a rice cooker or pot.
Let rice sit, covered, for 10 minutes after cooking.
When cool enough to handle, form into small mounds or balls using oiled or wet hands.
(For babies and toddlers, leave rice soft and loose.)
Serve at room temperature or slightly chilled.

Child Involvement: Ages 1–5

This meal invites participation at all stages:

Toddlers (1–2 yrs): Can choose fruit or soft rice with help, use small scoops or fingers
2–3 yrs: Can help prep veggies (e.g., drop cucumber pieces into bowls), and point to toppings
3–4 yrs: Can scoop rice, serve themselves, or help arrange items on trays
4–5 yrs: Can help assemble rice balls, set up trays, serve friends, and discuss food choices