



chickpea chowder

the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu

from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics*
- organic turkey
- wild caught, Ocean Wise salmon & tuna



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



dairy products & organic tofu

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

we advocate for the mandatory labeling of GMOs

*some exceptions may apply to accommodate religious needs

peanut & tree nut free



july 2017 menu

	monday	tuesday	wednesday	thursday	friday
lunch	3 Happy Canada Day Weekend!	4 black bean & organic tofu quinoa green peas & carrots apple inf: orange	5 tuna salad sandwich h: organic tofu salad sandwich multigrain pita bun lettuce garnish note: garnish not for infants carrot-squash soup orange	6 chickpea crusted chicken meteorites h: falafel bites whole wheat wrap inf: whole wheat pita romaine lettuce caesar dressing w/organic tofu inf: mini broccoli apple inf: pear-banana purée	7 beef fagioli h: lentil bolognese whole grain pasta steamed carrots banana
pm snack		puffed rice square cheddar cheese	baby carrots inf/tod: cucumber stone wheat crackers red pepper hummus	whole wheat pita tomato bruschetta	cucumber organic crispbread dilly dip
lunch	10 paprika chicken h: red pepper quiche brown rice green peas & carrots pear inf: apple-mango-beet purée	11 vegetarian pasta bake samurai carrot salad inf: blended samurai carrot salad apple inf: kiwi	12 beef burger h: chickpea patty multigrain pita bun real food ketchup mini broccoli orange	13 mexican bean burrito whole wheat wrap inf: whole wheat pita sour cream bell peppers inf: spinach-coconut purée banana	14 carrot & flax fish h: sunshine dahl basmati rice tiny chopped salad balsamic dressing inf: green peas & carrots strawberry-apple sauce
pm snack	orange ginger cookie inf: cinnamon-raisin snacking round milk	melon trail mix inf: plain yogurt	mini tomatoes & cucumber inf/tod: cucumber puffed rice square spinach-organic tofu dip	tortilla crisps inf/tod: stone wheat crackers avocado-organic tofu dip	raw tricolour carrots inf/tod: steamed carrots organic crispbread hummus

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.



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lunch	17 salmon casserole h: lasagna sauce w/rice pasta green peas apple inf: pear-banana purée	18 marinara beef meatballs h: lentil bolognese multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: mini broccoli pear inf: kiwi	19 tang ku chicken h: sweet & sour sauce w/organic tofu quinoa tiny chopped salad maple samurai vinaigrette inf: green peas apple inf: apple-mango-beet purée	20 chickpea crusted chicken meteorites h: falafel bites garlic baguette real food ketchup veggie rainbow inf: sweet potato-carrot-coco purée orange	21 tomato-spinach frijoles yellow rice shredded cheddar sweet corn watermelon
pm snack	baby carrots inf/tod: orange focaccia slice no-nut butter	applesauce organic quinoa crunchies	cucumber sundried tomato pasta salad	baby carrots inf/tod: steamed carrots organic corn & quinoa cake dilly dip	stone wheat crackers cheddar bites
lunch	24 beef & bean chili h: lentil stew quinoa green peas & carrots strawberry-apple sauce	25 paprika chicken h: red pepper quiche whole wheat pita tiny chopped salad balsamic dressing inf: cucumber seasonal fruit	26 chickpea chowder couscous veggie rainbow inf: mini broccoli apple inf: orange	27 fish bolognese h: bolognese w/organic tofu whole grain pasta steamed carrots melon	28 sri lankan chicken h: white bean curry brown rice bell peppers inf: spinach-coconut purée banana
pm snack	apple trail mix inf: plain yogurt	melon mini organic lemon cookies inf: organic quinoa crunchies milk	baby carrots & sugar snap peas inf/tod: applesauce puffed rice square ranch dip w/organic tofu	tortilla crisps inf/tod: stone wheat crackers tomato salsa inf/tod: hummus	cracker stackers cucumber rice crackers inf: organic crispbread sundried tomato soft cheese

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