



tomato-spinach frijoles

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 labelling of GMOs

*some exceptions may apply to accommodate religious needs

peanut & tree nut free

april 2018 menu

	monday	tuesday	wednesday	thursday	friday
lunch	2 chickpea chowder brown rice green peas apple	3 marinara beef meatballs h: marinara falafel bites whole grain pasta snow peas & carrots inf: steamed carrots orange	4 madagascar chicken h: curried lentils red & white quinoa coleslaw inf: blended coleslaw banana	5 tomato-spinach frijoles yellow rice shredded cheddar veggie rainbow inf: mini broccoli blueberry sauce	6 mac chick 'n cheese h: vegan mac 'n cheese tiny chopped salad ranch dressing w/organic tofu inf: sweet potato-carrot purée melon
pm snack	baby carrots inf/tod: melon brioche bite	puffed rice square cheddar cheese	cracker stackers cucumber rice crackers inf: ancient grains cracklebread cream cheese	tomato bruschetta focaccia slice	banana roll up banana whole wheat wrap inf: multigrain slider no-nut butter
lunch	9 mexican beef burrito h: bean burrito whole wheat wrap inf: multigrain slider sour cream sweet corn orange	10 chili w/organic turkey h: chickpea chowder couscous cucumber apple	11 chicken meteorites h: chickpea patty tricolour pasta salad real food ketchup steamed carrots banana	12 carrot & flax fish h: spinach quiche brown rice napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée melon	13 beef & barley stew h: lentil stew quinoa mini broccoli banana
pm snack	apple carrot muffin	kiwi trail mix inf: plain yogurt	tortilla crisps inf/tod: stone wheat crackers tomato salsa inf/tod: red pepper hummus	bell peppers inf: apple-mango-beet purée croissant	baby carrots inf/tod: cucumber puffed rice square hummus

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

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

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	monday	tuesday	wednesday	thursday	friday
	16	17	18	19	20
lunch	paprika chicken h: navy beans w/ spinach brown rice green peas & carrots pear inf: pear-banana purée	bean burrito whole wheat wrap inf: multigrain slider shredded cheddar zucchini, red pepper & corn salad inf: sweet corn strawberry sauce	beef burger h: chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad melon	caldereida fish h: sweet & sour sauce w/organic tofu quinoa mini broccoli banana	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée apple
pm snack	stone wheat crackers cheddar bites	apple choco-chip cookie inf: brioche bite milk	cucumber sundried tomato pasta salad	baby carrots & mini tomatoes inf/tod: steamed carrots organic crispbread dilly dip	mini pizza whole wheat pita marinara sauce shredded cheddar
	23	24	25	26	27
lunch	groovy organic chicken meatballs h: marinara falafel bites half whole wheat pita potato mash green peas pear inf: pear-banana purée	lentil bolognese whole grain pasta bell peppers inf: spinach-coconut purée apple	masala fish h: mushroom quiche brown & red rice steamed carrots banana	sri lankan chicken h: white bean curry quinoa green beans inf: steamed green beans orange	beef & bean chili h: chili chili bang bang garlic baguette tiny chopped salad apple cider vinaigrette inf: sweet potato-carrot purée apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber & mini tomatoes inf/tod: cucumber organic crackers red pepper hummus	tortilla crisps inf/tod: puffed rice square tomato salsa inf/tod: cheddar bites	cucumber & celery inf/tod: cucumber puffed rice square spinach-organic tofu dip

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