



mac'n cheese

the real food promise

real food with real ingredients:



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



wild Skipjack tuna & Canadian salmon, sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs 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



we advocate for mandatory labelling of GMOs

peanut & tree nut free

	monday	tuesday	wednesday	thursday	friday
am snack	5 organic brown rice blossoms milk	6 applesauce organic quinoa crunchies	7 organic multigrain squares milk	8 pear inf: apple-pear purée cranberry-orange morning round	9 fruit pizza whole wheat flatbread apple butter banana
lunch	garbanzo bean tajine quinoa green beans inf: steamed green beans orange	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream pear inf: apple-pear purée	chicken meteorites chickpea patty tricolour pasta salad cucumber real food ketchup banana	tuna salad sandwich skipjack tuna salad spinach quiche whole wheat bread lettuce garnish garnish not for infants carrot & squash soup apple	beef & barley stew lentil & mushroom stew couscous tiny chopped salad maple samurai vinaigrette inf: cauliflower-carrot-coconut purée pear inf: apple-pear purée
pm snack	apple cinnamon-raisin snacking round	cheddar or mozzarella cheese puffed rice square	apple whole wheat pita hummus	baby carrots inf/tod: steamed carrots tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	cucumber cracked wheat crackers cream cheese
am snack	12 organic super O's milk	13 kiwi organic quinoa crunchies	14 hard boiled egg croissant	15 organic multigrain squares milk	16 apple muesli morning round
lunch	caldereida fish sweet & sour sauce w/organic tofu quinoa green beans inf: steamed green beans pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar apple	beef burger chickpea patty multigrain pita bun lettuce garnish garnish not for infants real food ketchup fruity carrot salad inf: blended fruity carrot salad pear inf: banana-pear purée	sri lankan chicken white bean curry brown & red rice cucumber blueberry sauce	vegetarian pasta bake napa cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée banana
pm snack	applesauce apple-cinnamon snacking round	orange choco-chip cookie inf: cinnamon-raisin snacking round milk	baby carrots inf/tod: cucumber sundried tomato pasta salad	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	mini pizza whole wheat focaccia marinara sauce shredded cheddar



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am snack	19 applesauce organic quinoa crunchies	20 granola inf: organic brown rice blossoms milk	21 applesauce whole wheat mini bagel maple soft cheese	22 organic super O's milk	23 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	groovy organic chicken meatballs marinara falafel bites potato mash green peas	bolognese w/organic tofu whole grain pasta green beans inf: steamed green beans	masala fish mushroom quiche yellow rice bell pepper inf: apple-mango-beet purée	chicken fricassée texan kidney beans quinoa cucumber	beef & bean chili chili chili bang bang whole wheat garlic baguette tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée pear inf: banana-pear purée
pm snack	cheddar or mozzarella cheese puffed rice square	melon trail mix inf: organic quinoa crunchies	tomato salsa multigrain & chia crisps inf/tod: whole wheat pita	veggie roll up whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber red pepper hummus	baby carrots broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square dilly dip
am snack	26 organic super O's milk	27 applesauce granola pucks	28 apple whole wheat raisin focaccia organic blueberry fruit spread	29 organic multigrain squares milk	30 kiwi whole wheat blueberry scone
lunch	new england fish chowdah red pepper quiche wheat bun green beans inf: steamed green beans	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	sunshine dahl brown rice veggie rainbow inf: mini broccoli cucumber raita	mac'n cheese romaine lettuce caesar dressing w/organic tofu inf: spinach-coconut purée
pm snack	apple	orange	banana	orange	banana
pm snack	egg cracker stacker cracked wheat crackers mayo w/organic tofu hard boiled egg	cheddar or mozzarella cheese puffed rice square	baby carrots inf/tod: steamed carrots organic vegetable crackers spinach-organic tofu dip	apple multigrain & chia crisps inf/tod: whole wheat pita	tomato bruschetta whole wheat garlic baguette