



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	4 applesauce organic quinoa crunchies	5 cheddar or mozzarella cheese gluten free oat & quinoa cocoa bar inf: puffed rice square	6 apple whole wheat raisin focaccia organic raspberry fruit spread	7 organic multigrain squares milk	8 orange whole wheat blueberry scone
lunch	new england fish chowdah red pepper quiche whole wheat roll green peas	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	jerk chicken texan kidney beans basmati rice coleslaw inf: blended coleslaw	tomato-spinach frijoles red & white quinoa veggie rainbow inf: mini broccoli shredded cheddar	mac chick'n cheese vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: sweet potato-carrot purée
	orange	apple	orange	apple	banana
pm snack	cheddar or mozzarella cheese puffed rice square	applesauce organic strawberry granola	cucumber cracked wheat crackers avocado bean guacamole	veggie roll up whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber hummus	tomato bruschetta whole wheat garlic baguette
am snack	11 organic multigrain squares milk	12 apple cheddar or mozzarella cheese	13 organic brown rice blossoms milk	14 pear inf: apple-pear purée cranberry-orange morning round	15 fruit pizza whole wheat flatbread apple butter banana
lunch	chickpea chowder brown & red rice green beans inf: steamed green beans	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup	provençal fish filet red pepper quiche quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée	beef & barley stew lentil & mushroom stew mini potatoes green peas
	orange	pear inf: banana-pear purée	apple	banana	orange
pm snack	apple cocoa-beet loaf milk	yogurt parfait vanilla maple yogurt inf: plain yogurt organic strawberry granola	cucumber tomato salsa tortilla crisps inf/tod: multigrain rocket bun	baby carrots inf/tod: steamed carrots whole wheat mini bagel red pepper hummus	mini tomatoes inf/tod: cucumber cracked wheat crackers beany basil dip

= herbivore protein inf/tod = infant/toddler substitute



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am snack	18 organic super O's milk inf: banana-pear purée	19 pear inf: banana-pear purée organic quinoa crunchies	20 hard boiled egg croissant	21 organic multigrain squares milk	22 pear inf: applesauce muesli morning round
lunch	caldereida fish sweet & sour sauce w/organic tofu brown rice green peas & carrots pear inf: banana-pear purée	ratatouille w/organic tofu quinoa green peas orange	beef burger chickpea patty multigrain pita bun real food ketchup minestrone soup pear inf: banana-pear purée	sri lankan chicken white bean curry basmati rice cucumber blueberry sauce	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée banana
pm snack	applesauce cinnamon-raisin snacking round	apple oatmeal cookie inf: apple-cinnamon snacking round milk	baby carrots inf/tod: steamed carrots 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
am snack	25 apple zucchini muffin	26 granola inf: organic brown rice blossoms milk	27 orange whole wheat mini bagel cream cheese	28 organic super O's milk	29 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	chick-a-noodle soup beany noodle soup whole wheat garlic baguette green beans inf: steamed green beans pear inf: banana-pear purée	beef bolognese lentil bolognese whole grain pasta green peas & carrots apple	black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream banana	chicken & wild rice stew loco lima beans quinoa bell pepper inf: spinach-coconut purée orange	chili w/organic turkey chili chili bang bang brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	cheddar or mozzarella cheese puffed rice square	melon trail mix inf: organic quinoa crunchies	cracked wheat crackers avocado bean guacamole	apple multigrain & chia crisps inf/tod: multigrain rocket bun	baby carrots mini tomatoes inf/tod: roasted sweet potato organic crispbread dilly dip

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