

enabling & inspiring a lifetime of healthy eating



beef & bean chili

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

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globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

november 2020 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 apple pumpkin loaf milk	3 granola inf: organic brown rice blossoms milk	4 orange whole wheat mini bagel cream cheese	5 organic super O's milk	6 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	groovy organic chicken meatballs marinara falafel bites half whole wheat pita potato mash green peas pear inf: spinach-coconut purée	lentil bolognese whole grain pasta steamed carrots apple	masala fish mushroom quiche yellow rice bell pepper inf: spinach-coconut purée banana	chicken fricasée texan kidney beans quinoa green beans inf: steamed green beans orange	beef & bean chili chili chili bang bang whole wheat garlic baguette tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber whole wheat focaccia red pepper hummus	tortilla crisps inf/tod: organic crispbread avocado bean guacamole	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square dilly dip
am snack	9 pear inf: apple-mango-beet purée granola pucks	10 organic super O's milk	11 whole wheat raisin focaccia organic raspberry fruit spread milk	12 organic multigrain squares milk	13 banana apple-cinnamon morning round
lunch	white bean curry brown rice green peas orange	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots diced melon	paprika chicken curried lentils red & white quinoa coleslaw inf: blended coleslaw banana	sunshine dahl brown rice veggie rainbow inf: mini broccoli apple	salmon casserole tomato-lentil sauce w/rice pasta tiny chopped salad ranch dressing w/organic tofu inf: cauliflower-carrot-coconut purée orange
pm snack	egg cracker stacker cracked wheat crackers mayo w/organic tofu hard boiled egg	apple cheddar bites	cucumber whole wheat pita cream cheese	veggie roll up whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: steamed carrots red pepper hummus	tomato bruschetta multigrain & chia crisps inf/tod: puffed rice square

= herbivore protein inf/tod = infant/toddler substitute



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am snack	16 organic multigrain squares milk	17 cheddar or mozzarella cheese cracked wheat crackers	18 organic brown rice blossoms milk	19 pear inf: sweet potato-carrot purée cranberry-orange morning round	20 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown rice sweet corn	bean burrito filling whole wheat wrap inf: whole wheat pita green peas & carrots shredded cheddar	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup	garbanzo bean tajine brown rice cucumber	beef & barley stew lentil & mushroom stew quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée pear inf: apple-pear purée
pm snack	orange apple zucchini muffin	pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt granola inf: organic brown rice blossoms	banana tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	orange apple croissant	pear inf: apple-pear purée baby carrots inf/tod: steamed carrots puffed rice square dill soft cheese
am snack	23 apple organic quinoa crunchies	24 organic super O's milk	25 hard boiled egg croissant	26 organic multigrain squares milk	27 pear inf: applesauce muesli morning round
lunch	sri lankan chicken white bean curry brown rice green peas & carrots	bean burrito filling whole wheat wrap inf: whole wheat pita green peas shredded cheddar	beef burger chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup	new england fish chowdah bean cassoulet quinoa cucumber	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: spinach-coconut purée cheddar bites cracked wheat crackers	strawberry sauce apple choco-chip cookie inf: apple-cinnamon snacking round milk	apple baby carrots inf/tod: steamed carrots sundried tomato pasta salad	orange banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	banana mini pizza whole wheat pita marinara sauce shredded cheddar