



chili chili bang bang

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*

*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 organic blossoms milk	5 melon cranberry-orange morning round	6 organic multigrain squares milk	7 pear inf: apple-banana purée whole wheat bagel maple soft cheese	8 fruit roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	white bean curry brown & red rice green beans inf: steamed green beans	beef & barley stew lentil & mushroom stew whole wheat roll mini broccoli	chicken meteorites chickpea patty real food ketchup tricolour pasta salad sweet corn	tuna salad sandwich skipjack tuna salad spinach quiche whole wheat pita squash-coconut soup	garbanzo bean tajine quinoa napa cabbage w/baby spinach creamy parsley-lemon dressing inf: spinach-coconut purée
pm snack	orange carrot muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: pear-banana purée	apple tortilla crisps inf/tod: organic crispbread crackers tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée organic vegetable crackers spinach-organic tofu dip
am snack	11 organic crispy O's inf: organic whole wheat flakes milk	12 melon muesli morning round	13 hard boiled egg wheat wheat pita	14 organic multigrain squares milk	15 Good Friday
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas sour cream	provençal fish filet red pepper quiche brown rice steamed carrots	burrito bowl black beans in salsa quinoa sweet corn	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	
pm snack	apple choco-chip cookie inf: carrot muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf dilly dip	



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am snack	18 applesauce organic quinoa crunchies	19 granola inf: organic multigrain squares milk	20 apple whole wheat raisin bread organic raspberry fruit spread	21 organic whole wheat flakes milk	22 super smoothie vanilla maple yogurt inf: plain yogurt blueberry sauce banana
lunch	lentil bolognese whole grain pasta green peas sour cream	beef & bean chili chili chili bang bang whole wheat garlic baguette steamed carrots	masala fish mushroom quiche whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	chicken fricassée texan kidney beans quinoa mini broccoli	earth day chili chili bang bang brown rice red cabbage w/baby spinach balsamic dressing inf: cauliflower-carrot- coconut purée
	apple	pear inf: cauliflower-carrot-coconut purée	banana	pear inf: spinach-coconut purée	apple
pm snack	baby carrots inf/tod: kiwi cracked wheat crackers beany basil dip	melon crunchy trail mix inf: organic quinoa crunchies	mini tomatoes inf/tod: orange multigrain & chia crisps inf/tod: whole wheat pita avocado bean guacamole	apple cinnamon-raisin snacking round	cucumber sundried tomato pasta salad
am snack	25 organic multigrain squares milk	26 cheddar bites focaccia slice	27 applesauce granola pucks	28 apple organic quinoa crunchies	29 organic whole wheat flakes milk
lunch	sunshine dahl basmati rice green peas & carrots cucumber raita	carrot & flax fish spinach quiche red & white quinoa veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken sandwich paprika chicken curried lentils multigrain pita bun bell pepper inf: apple-mango-beet purée	mac'n cheese napa cabbage w/baby spinach maple samurai vinaigrette inf: sweet potato-carrot purée
	pear inf: apple-mango-beet purée	orange	banana	orange	apple
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple whole wheat pita cocoa chic'pea spread	mini tomatoes inf/tod: roasted sweet potato organic vegetable crackers hummus	tomato bruschetta whole wheat garlic baguette	banana whole wheat blueberry scone