



black beans in salsa

## 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

# january 2022 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>3</b> organic strawberry granola milk	<b>4</b> applesauce organic quinoa crunchies	<b>5</b> orange granola pucks	<b>6</b> apple organic quinoa crunchies	<b>7</b> organic crispy O's inf: organic brown rice blossoms milk <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">new!</span>
lunch	<b>sunshine dahl</b> brown rice green peas & carrots	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain pasta veggie rainbow inf: mini broccoli	<b>garbanzo bean tajine</b> red & white quinoa steamed carrots	<b>paprika chicken</b> <b>curried lentils</b> whole wheat pita coleslaw inf: blended coleslaw	<b>tuna &amp; salmon pasta bake</b> <b>tomato-lentil sauce w/rice pasta</b> red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange cheddar or mozzarella cheese puffed rice square	pear inf: applesauce apple organic strawberry granola	banana cucumber puffed rice square hummus	orange mini tomatoes inf/tod: roasted sweet potato whole wheat garlic baguette	banana apple mini organic lemon cookies inf: cinnamon-raisin snacking round milk
am snack	<b>10</b> organic strawberry granola milk	<b>11</b> melon müesli morning round	<b>12</b> organic crispy O's inf: organic brown rice blossoms milk	<b>13</b> apple carrot muffin	<b>14</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
lunch	<b>beef &amp; tomato pumpkin &amp; beans</b> brown & red rice sweet corn	<b>white bean curry</b> quinoa green peas & carrots	<b>chicken meteorite wrap</b> <b>chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> whole wheat garlic baguette green beans inf: steamed green beans	<b>mediterranean chicken</b> <b>navy beans w/spinach</b> brown rice steamed carrots
pm snack	apple baby carrots inf/tod: steamed carrots puffed rice square beany basil dip	pear inf: apple-mango-beet purée <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-banana purée	banana apple tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	orange mini tomatoes inf/tod: melon cheddar or mozzarella cheese	apple bell pepper inf: cucumber cracked wheat crackers spinach-organic tofu dip

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<b>am snack</b>	<b>17</b> organic crispy O's inf: apple-banana purée milk	<b>18</b> apple cranberry-orange morning round	<b>19</b> hard boiled egg focaccia slice	<b>20</b> granola inf: organic brown rice blossoms milk	<b>21</b> pear inf: spinach-coconut purée organic quinoa crunchies
<b>lunch</b>	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun green peas  blueberry sauce	<b>bolognese w/organic tofu</b> whole grain pasta steamed carrots  pear inf: cauliflower-carrot- coconut purée	<b>burrito bowl</b> <b>black beans in salsa</b> quinoa sweet corn sour cream  apple	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad  banana	<b>tuna &amp; salmon pasta bake</b> <b>tomato-lentil sauce w/rice pasta</b> romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée  apple
<b>pm snack</b>	orange oatmeal cookie inf: carrot muffin milk	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar	<b>banana roll up</b> whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf dilly dip	baby carrots, broccoli & cauliflower inf/tod: melon puffed rice square cream cheese
<b>am snack</b>	<b>24</b> orange apple-cinnamon morning round	<b>25</b> granola inf: spinach-coconut purée milk	<b>26</b> applesauce whole wheat raisin bread organic blueberry fruit spread	<b>27</b> organic crispy O's inf: sweet potato-carrot purée milk	<b>28</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt apple-banana blend banana
<b>lunch</b>	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> wheat bun green peas & carrots  pear inf: apple-banana purée	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain pasta steamed carrots  apple	<b>chickpea chowder</b> whole wheat pita bell pepper inf: apple-mango-beet purée  banana	<b>chicken &amp; wild rice stew</b> <b>loco lima beans</b> quinoa mini broccoli  clementine	<b>filipino beef giniling</b> <b>chili chili bang bang</b> brown & red rice brocco-kale salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée  apple
<b>pm snack</b>	baby carrots inf/tod: steamed carrots cracked wheat crackers beany basil dip	melon organic quinoa crunchies	mini tomatoes inf/tod: kiwi multigrain & chia crisps inf/tod: puffed rice square avocado bean guacamole	apple cocoa-beet loaf milk	cucumber basil pesto pasta salad

= herbivore protein inf/tod = infant/toddler substitute