

may 2022 menu



beef bolognese

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	2 organic blossoms milk	3 melon cranberry-orange morning round	4 organic multigrain squares milk	5 pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	6 fruit roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice green peas & carrots	beef & barley stew lentil & mushroom stew whole wheat roll mini broccoli	chicken meteorite wrap chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun napa cabbage w/baby spinach caesar dressing w/ organic tofu inf: spinach-coconut purée	tuna salad sandwich skipjack tuna salad spinach quiche whole wheat pita squash-coconut soup	garbanzo bean tajine quinoa green beans inf: steamed green beans
pm snack	mango sauce orange zucchini muffin	banana yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple pineapple tortilla crisps inf/tod: whole wheat pita tomato salsa	apple baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	pear inf: apple-banana purée bell pepper inf: apple-mango-beet purée focaccia slice spinach-organic tofu dip
am snack	9 organic crispy O's inf: organic blossoms milk	10 apple muesli morning round	11 hard boiled egg whole wheat pita	12 organic multigrain squares milk	13 banana organic quinoa crunchies
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 w/parsley	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	vegetarian pasta bake romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	orange apple oatmeal cookie inf: zucchini muffin milk	pear inf: spinach-coconut purée mini pizza whole wheat focaccia marinara sauce shredded cheddar	apple banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	applesauce mini tomatoes inf/tod: roasted sweet potato falafel bites dilly dip	orange apple cinnamon-raisin snacking round

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am snack	16 apple blueberry-lemon loaf milk	17 granola inf: organic multigrain squares milk	18 orange whole wheat raisin bread organic raspberry fruit spread	19 organic whole wheat flakes milk	20 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	groovy organic chicken meatballs falafel bites w/groovy gravy potato mash green peas	lentil bolognese whole grain pasta steamed carrots	fish tacos masala fish mushroom quiche whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	chicken fricassée texan kidney beans quinoa green peas & carrots	beef & bean chili chili chili bang bang brown rice brocco-kale salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée
pm snack	orange baby carrots inf/tod: steamed carrots organic crispbread crackers beany basil dip	apple melon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: orange tortilla crisps inf/tod: puffed rice square avocado bean guacamole	pear inf: spinach-coconut purée apple cracked wheat crackers dill soft cheese	apple cucumber sundried tomato pasta salad
am snack	23	24 organic multigrain squares milk	25 applesauce granola pucks	26 banana organic quinoa crunchies	27 organic whole wheat flakes milk
lunch	Victoria Day	sunshine dahl brown rice green peas	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	mac'n cheese napa cabbage w/baby spinach maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack		orange pear inf: applesauce apple-cinnamon snacking round	pear inf: apple-banana purée apple puffed rice square cocoa chic'pea spread	orange baby carrots inf/tod: melon cracked wheat crackers hummus	banana apple whole wheat blueberry scone