



baby carrots & mini tomatoes

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

PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

october 2019 menu

	monday	tuesday	wednesday	thursday	friday
am snack	30 apple organic quinoa crunchies	1 organic super O's milk	2 orange whole wheat raisin focaccia apple butter 	3 organic multigrain squares milk	4 pear inf: applesauce cranberry-orange morning round
lunch	sri lankan chicken h: white bean curry quinoa green peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar blueberry sauce	beef burger h: chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup diced melon	caldereida fish h: sweet & sour sauce w/organic tofu brown rice mini broccoli banana	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple
pm snack	cheddar bites cracked wheat crackers	apple oatmeal cookie inf: apple-cinnamon snacking round milk	cucumber sundried tomato pasta salad	baby carrots inf/tod: steamed carrots organic crispbread dilly dip	mini pizza whole wheat pita marinara sauce shredded cheddar
am snack	7 orange pumpkin loaf milk	8 granola inf: organic brown rice blossoms milk	9 hard boiled egg croissant	10 organic super O's milk	11 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	beef & bean chili h: chili chili bang bang brown rice green peas & carrots pear inf: banana-pear purée	bolognese w/organic tofu whole grain pasta green beans inf: steamed green beans apple	masala fish h: mushroom quiche quinoa bell peppers inf: spinach-coconut purée banana	gong bao chicken h: tangy organic tofu bites basmati rice broccoli trees inf/tod: soft broccoli orange	friendsgiving feast roasted chicken w/ groovy gravy h: white bean curry half whole wheat pita potato mash green peas apple 
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: whole wheat pita tomato salsa	baby carrots & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.

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am snack	14 	15 applesauce organic quinoa crunchies	16 organic multigrain squares milk	17 orange apple-cinnamon morning round	18 organic super O's milk
lunch	Happy Thanksgiving	marinara beef meatballs h: marinara falafel bites whole grain pasta green peas & carrots orange	madagascar chicken h: curried lentils red & white quinoa coleslaw inf: blended coleslaw pear inf: apple-pear purée	tomato-spinach frijoles brown & red rice veggie rainbow inf: mini broccoli shredded cheese diced melon	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée apple
pm snack		cheddar or mozzarella cheese puffed rice square	baby carrots inf/tod: applesauce cracked wheat crackers cream cheese	apple whole wheat wrap inf: puffed rice square cocoa chic'pea spread	tomato bruschetta whole wheat pita
am snack	21 cheddar bites cracked wheat crackers	22 granola inf: organic brown rice blossoms milk	23 orange whole wheat pita maple soft cheese	24 applesauce muesli morning round	25 organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese whole grain pasta sweet corn orange	garbanzo bean tajine quinoa cucumber apple	meteorite wrap chicken meteorites h: chickpea patty whole wheat wrap inf: whole wheat mini bagel romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée banana	sunshine dahl brown rice green beans inf: steamed green beans cucumber raita pear inf: apple-pear purée	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette green peas banana
pm snack	apple carrot muffin	vanilla maple yogurt inf: plain yogurt trail mix inf: banana-pear purée	tortilla crisps inf/tod: multigrain rocket bun tomato salsa	bell peppers inf: apple-mango-beet purée croissant	cucumber broccoli & cauliflower inf/tod: steamed carrots puffed rice square hummus

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am snack	28 apple organic quinoa crunchies	29 organic super O's milk	30 orange whole wheat raisin focaccia apple butter	31 organic multigrain squares milk	1 melon cranberry-orange morning round
lunch	sri lankan chicken h: white bean curry quinoa green peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar strawberry sauce	beef burger h: chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup diced melon	caldereida fish h: sweet & sour sauce w/organic tofu brown rice mini broccoli banana	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple
pm snack	cheddar bites cracked wheat crackers	fruit pizza whole wheat pita cocoa chic'pea spread apple	cucumber sundried tomato pasta salad	apple organic strawberry granola bar inf: cinnamon-raisin snacking round	mini pizza whole wheat pita marinara sauce shredded cheddar

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St. Brigid YMCA - 2018 winning entry

Our CREEPY CRUDITÉ CONTEST is back!

Tomatoes, carrots, bell peppers... oh my!
There's a rainbow of **real food** out there just
waiting to be transformed into spooktacular artwork.

Submit entries by October 22nd, 2019, then vote for your
faves by October 30th. Ask your centre for more details.

New this year: winners in 2 age categories, plus a bonus
winner for the most creative, will be announced on Halloween.