real food for real kids

july 2019 menu

enabling \(\xi\) inspiring healthy eating™



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 accomodate religious needs



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



globally inspired dishes



••••• peanut & tree nut free





we advocate for mandatory labelling of GMOs



	monday tuesday wednesday thursday friday					
am snack	<i>X</i>	applesauce organic quinoa crunchies	organic super O's milk	apple hard boiled egg	organic multigrain squares milk	
lunch	Happy Canada Day!	chickpea chowder quinoa green peas	meteorite wrap chicken meteorites h: chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	curried skipjack tuna salad h: spinach quiche multigrain pita bun lettuce garnish garnish not for infants carrot-squash soup	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette spanish potato paprika-coco salad	
	'	apple	orange	banana	apple	
pm snack	*	cheddar cheese puffed rice square	pear inf: flax & whole wheat pita vanilla maple yogurt inf: plain yogurt	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus	
	8	9	10	11	12	
am snack	apple organic quinoa crunchies	organic super O's milk	orange brioche bite	organic multigrain squares milk	watermelon müesli morning round	
lunch	sri lankan chicken h: white bean curry quinoa peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: flax & whole wheat pita sweet corn sour cream mango sauce	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup stone fruit	egg salad whole wheat bread lettuce garnish garnish not for infants minestrone soup orange	salmon casserole h: tomato-lentil sauce w/rice pasta romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple	
pm snack	cheddar bites cracked wheat crackers	apple ginger cookie inf: cinnamon-raisin snacking round milk	bell peppers inf: apple-beet-mango purée basil pesto pasta salad	baby carrots & mini tomatoes inf/tod: steamed carrots organic crispbread dilly dip	mini pizza flax & whole wheat pita marinara sauce shredded cheddar	

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	monday	tuesday	wednesday	thursday	friday
am snack	orange granola pucks	organic strawberry granola inf: organic brown rice blossoms milk	whole wheat mini bagel organic raspberry fruit spread milk	organic super O's milk	banana cranberry-orange morning round
lunch	chick-a-noodle soup h: beany noodle soup wheat bun green peas pear inf: banana-pear purée	beef bolognese h: lentil bolognese whole grain pasta cucumber apple	masala fish h: mushroom quiche yellow rice bell peppers inf: spinach-coconut purée banana	mediterranean chicken h: navy beans w/spinach quinoa green beans inf: steamed green beans diced melon	tofu ratatouille red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée apple
pm snack	applesauce brioche bite	watermelon trail mix inf: organic quinoa crunchies	baby carrots inf/tod: steamed carrots cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: flax & whole wheat pita avocado bean guacamole	cucumber & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip
am snack	apple carrot muffin	organic multigrain squares milk	orange croissant	pear inf: apple-pear purée date & chia morning round	organic super O's milk
lunch	white bean curry couscous green peas	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita	mac chick 'n cheese h: vegan cheese sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: cauliflower-carrot- coconut purée
	orange	inf: apple-pear purée	banana	apple	watermelon
pm snack	hard boiled egg cracked wheat crackers mayo w/organic tofu	apple cheddar bites	cucumber flax & whole wheat pita dill soft cheese	tomato bruschetta whole wheat garlic baguette	banana roll up whole wheat wrap inf: flax & whole wheat pita banana cocoa chic'pea spread

real food kids

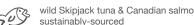
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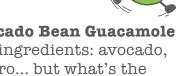
	monday	tuesday	wednesday	thursday	friday
ш	29	30	31	1	2
am snack	cheddar cheese cracked wheat crackers	granola inf: organic brown rice blossoms milk	stone fruit whole wheat raisin focaccia cream cheese	apple hard boiled egg	organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese w/rice pasta whole grain pasta sweet corn	black beans in salsa quinoa mini broccoli shredded cheddar	meteorite wrap chickpea crusted chicken meteorites h: chickpea patty whole wheat wrap inf: flax & whole wheat pita romaine lettuce ranch dressing w/organic tofu	provençal fish filet h: red pepper quiche brown rice green beans inf: steamed green beans	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette spanish potato paprika-coco salad
	orange	apple	inf: sweet potato-carrot purée banana	diced melon	banana
pm snack	apple cocoa-beet loaf milk	vanilla maple yogurt inf: plain yogurt trail mix inf: banana-pear purée	tortilla crisps inf/tod: flax & whole wheat pita tomato salsa	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus

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

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



Holy Guacamole!



Our delicious new Avocado Bean Guacamole starts with must-have ingredients: avocado, lemon juice, and cilantro... but what's the **secret** to making this snack love-at-first-bite?

We add creamy cannellini beans for an amazingly smooth, pulse-based protein kick! It'll give the kids that bright, avo-can-do ✓ attitude all afternoon long!



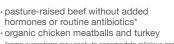
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Award Recipient

