



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



we advocate for mandatory labelling of GMOs

peanut & tree nut free

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

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



jerk chicken

the real food promise

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PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

july 2019 menu

	monday	tuesday	wednesday	thursday	friday
am snack	15 orange granola pucks	16 organic strawberry granola inf: organic brown rice blossoms milk	17 whole wheat mini bagel organic raspberry fruit spread milk	18 organic super O's milk	19 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	22 apple carrot muffin	23 organic multigrain squares milk	24 orange croissant	25 pear inf: apple-pear purée date & chia morning round	26 organic super O's milk
lunch	white bean curry couscous green peas orange	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots pear inf: apple-pear purée	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw banana	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita apple	mac chick 'n cheese h: vegan cheese sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée 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

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am snack	29 cheddar cheese cracked wheat crackers	30 granola inf: organic brown rice blossoms milk	31 stone fruit whole wheat raisin focaccia cream cheese	1 apple hard boiled egg	2 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 inf: sweet potato-carrot purée banana	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
pm snack	orange apple cocoa-beet loaf milk	apple vanilla maple yogurt inf: plain yogurt trail mix inf: banana-pear purée	tortilla crisps inf/tod: flax & whole wheat pita tomato salsa	diced melon cucumber croissant	banana baby carrots inf/tod: steamed carrots puffed rice square hummus

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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!