



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

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globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

june 2022 menu

	monday	tuesday	wednesday	thursday	friday
am snack	30 organic blossoms milk	31 melon cranberry-orange morning round	1 organic multigrain squares milk	2 apple zucchini muffin	3 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn	white bean curry quinoa mini broccoli	chicken meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée	filipino beef giniling chili chili bang bang basmati rice green beans inf: steamed green beans	sheet pan new! greek chicken navy beans w/spinach onion bread greek salad tzatziki inf: spinach-coconut purée
pm snack	apple baby carrots inf/tod: steamed carrots cracked wheat crackers ranch dressing w/organic tofu	pear inf: apple-banana purée yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: applesauce	banana apple tortilla crisps inf/tod: whole wheat mini pita tomato salsa	watermelon fit-back! mini tomatoes inf/tod: kiwi cheddar or mozzarella cheese	apple cucumber, broccoli & cauliflower inf/tod: cucumber multigrain thins beany basil dip
am snack	6 organic crispy O's inf: organic multigrain squares milk	7 apple muesli morning round	8 hard boiled egg brioche bite fit-back!	9 peach or nectarine fit-back! organic quinoa crunchies	10 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas	provençal fish filet red pepper quiche brown rice steamed carrots	black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	strawberry sauce pear inf: apple-banana purée mini organic lemon cookies inf: carrot muffin	pear inf: apple-mango-beet purée mini pizza whole wheat focaccia marinara sauce shredded cheddar	banana apple cracked wheat crackers maple soft cheese	watermelon cucumber folded basil loaf new! dilly dip	apple banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana

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am snack	13 orange apple-cinnamon morning round	14 granola inf: organic multigrain squares milk	15 apple whole wheat raisin bread organic raspberry fruit spread	16 organic whole wheat flakes milk	17 super smoothie vanilla maple yogurt inf: plain yogurt blueberry sauce banana
lunch	chick-a-noodle soup beany noodle soup whole wheat roll green peas	beef bolognese lentil bolognese whole grain pasta steamed carrots	fish taco masala fish mushroom quiche whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	chicken fricassée texan kidney beans quinoa mini broccoli	ratatouille w/organic tofu brown rice brocco-kale salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée
pm snack	apple baby carrots inf/tod: steamed carrots organic crispbread crackers red pepper hummus	peach or nectarine watermelon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: orange multigrain & chia crisps inf: puffed rice square avocado bean guacamole	plum apple cocoa-beet loaf milk	apple cucumber cheddar or mozzarella cheese
am snack	20 organic multigrain squares milk	21 watermelon whole wheat pita maple soft cheese	22 apple granola pucks	23 peach or nectarine organic quinoa crunchies	24 organic whole wheat flakes milk
lunch	sunshine dahl red & white quinoa green peas cucumber raita	carrot & flax fish spinach quiche yellow rice veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	chicken sandwich jerk chicken texan kidney beans multigrain pita bun coleslaw inf: blended coleslaw	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	pineapple egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	orange apple whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread	banana mini tomatoes inf/tod: cucumber whole wheat mini bagel hummus	apple tomato bruschetta whole wheat garlic baguette	peach or nectarine banana whole wheat blueberry scone

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filipino beef giniling

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	monday	tuesday	wednesday	thursday	friday
am snack	27 organic blossoms milk	28 melon cranberry-orange morning round	29 apple banana muffin	30 organic multigrain squares milk	1
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn	white bean curry quinoa green peas	chicken meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/ organic tofu inf: sweet potato-carrot purée	canada day lunch beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	Canada Day
pm snack	apple baby carrots inf/tod: steamed carrots cracked wheat crackers ranch dressing w/organic tofu	pear inf: spinach-coconut purée yogurt parfait vanilla maple yogurt inf: plain yogurt organic strawberry granola	banana peach or nectarine tortilla crisps inf/tod: organic crispbread crackers tomato salsa	watermelon apple maple snap cookies inf: zucchini muffin milk	

= herbivore protein inf/tod = infant/toddler substitute

Celebrate Local Food Week with Ontario produce!



Every June, we look forward to highlighting the delicious ingredients on our menu that are produced in Ontario to celebrate Local Food Week.

All the chicken and beef we use is raised in Ontario. During Local Food Week, we'll also serve carrots, cucumbers, apples, pears & dairy that come to us from local suppliers. Annually, nearly half our food costs are spent locally!

Want to learn more about this initiative and how you can help support Ontario producers? Visit ofa.on.ca