



## 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

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>4</b> applesauce organic quinoa crunchies	<b>5</b> cheddar or mozzarella cheese gluten free oat & quinoa cocoa bar inf: puffed rice square	<b>6</b> apple whole wheat raisin focaccia organic raspberry fruit spread	<b>7</b> organic multigrain squares milk	<b>8</b> orange whole wheat blueberry scone
<b>lunch</b>	<b>new england fish chowdah</b> bean cassoulet whole wheat roll green peas	<b>marinara beef meatballs</b> marinara falafel bites whole grain pasta steamed carrots	<b>jerk chicken</b> texan kidney beans basmati rice coleslaw inf: blended coleslaw	<b>tomato-spinach frijoles</b> red & white quinoa veggie rainbow inf: mini broccoli shredded cheddar	<b>mac chick'n cheese</b> vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: sweet potato-carrot purée
	orange	apple	orange	apple	banana
<b>pm snack</b>	cheddar or mozzarella cheese puffed rice square	applesauce organic strawberry granola	cucumber cracked wheat crackers avocado bean guacamole	<b>veggie roll up</b> whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber hummus	tomato bruschetta whole wheat garlic baguette
<b>am snack</b>	<b>11</b> organic multigrain squares milk	<b>12</b> apple cheddar or mozzarella cheese	<b>13</b> organic brown rice blossoms milk	<b>14</b> pear inf: apple-pear purée cranberry-orange morning round	<b>15</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
<b>lunch</b>	<b>chickpea chowder</b> brown & red rice green beans inf: steamed green beans	<b>mexican beef burrito filling</b> bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream	<b>chickpea crusted chicken meteorites</b> chickpea patty tricolour pasta salad steamed carrots real food ketchup	<b>provençal fish filet</b> red pepper quiche quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée	<b>beef &amp; barley stew</b> lentil & mushroom stew mini potatoes green peas
	orange	pear inf: banana-pear purée	apple	banana	orange
<b>pm snack</b>	apple cocoa-beet loaf milk	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt organic strawberry granola	cucumber tomato salsa tortilla crisps inf/tod: multigrain rocket bun	baby carrots inf/tod: steamed carrots whole wheat mini bagel red pepper hummus	mini tomatoes inf/tod: cucumber cracked wheat crackers beany basil dip

= herbivore protein inf/tod = infant/toddler substitute



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am snack	<b>18</b> organic super O's milk	<b>19</b> pear inf: banana-pear purée organic quinoa crunchies	<b>20</b> hard boiled egg croissant	<b>21</b> organic multigrain squares milk	<b>22</b> pear inf: applesauce muesli morning round
lunch	<b>caldereida fish</b> <b>sweet &amp; sour sauce</b> w/organic tofu brown rice green peas & carrots	<b>ratatouille</b> w/organic tofu quinoa green peas	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup minestrone soup	<b>sri lankan chicken</b> <b>white bean curry</b> basmati rice cucumber	<b>vegetarian</b> <b>pasta bake</b> romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: banana-pear purée	orange	pear inf: banana-pear purée	blueberry sauce	banana
am snack	applesauce cinnamon-raisin snacking round	apple oatmeal cookie inf: apple-cinnamon snacking round milk	baby carrots inf/tod: steamed carrots sundried tomato pasta salad	<b>banana roll up</b> whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar
am snack	<b>25</b> apple zucchini muffin	<b>26</b> granola inf: organic brown rice blossoms milk	<b>27</b> orange whole wheat mini bagel cream cheese	<b>28</b> organic super O's milk	<b>29</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> whole wheat garlic baguette green beans inf: steamed green beans	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain pasta green peas & carrots	<b>black beans in salsa</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>chicken &amp; wild rice stew</b> <b>loco lima beans</b> quinoa bell pepper inf: spinach-coconut purée	<b>chili w/organic turkey</b> <b>chili chili bang bang</b> brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack	pear inf: banana-pear purée	apple	banana	orange	apple
pm snack	cheddar or mozzarella cheese puffed rice square	melon trail mix inf: organic quinoa crunchies	cracked wheat crackers avocado bean guacamole	apple multigrain & chia crisps inf/tod: multigrain rocket bun	baby carrots mini tomatoes inf/tod: roasted sweet potato organic crispbread dilly dip

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