



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



globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

march 2023 menu

	monday	tuesday	wednesday	thursday	friday
am snack	6 organic blossoms milk	7 orange cranberry-orange morning round	8 organic multigrain squares milk	9 pear inf: apple-banana purée whole wheat blueberry scone	10 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice sweet corn strawberry sauce	trinidadian curry beef trinidadian curry tofu whole wheat roll baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée apple	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad green beans inf: steamed green beans real food ketchup banana	egg salad sandwich egg salad whole wheat bread shredded cheddar squash-coconut soup apple	chickpea chowder quinoa steamed carrots kiwi
pm snack	pear inf: orange banana muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	pineapple tortilla crisps inf/tod: whole wheat pita tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers cream cheese	bell pepper inf: apple-mango-beet purée puffed rice square spinach-organic tofu dip
am snack	13 organic crispy O's inf: organic blossoms milk	14 pear inf: apple-banana purée honey yogurt new! inf: plain yogurt	15 hard boiled egg brioche bite	16 organic multigrain squares milk	17 banana cranberry bar inf: carrot muffin
lunch	marinara beef meatballs marinara falafel bites whole grain pasta green peas orange	provençal fish filet red pepper quiche brown rice green beans inf: steamed green beans apple	burrito black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream applesauce	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad diced melon	vegetarian pasta bake mini broccoli apple
pm snack	apple ginger cookie inf: banana muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	fruit pizza whole wheat pita cocoa chic'pea spread banana	cucumber folded basil loaf dilly dip	veggie irish flag crunchy green beans, baby carrots inf/tod: roasted sweet potato cracked wheat crackers cream cheese



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am snack	20 applesauce organic quinoa crunchies	21 granola inf: organic multigrain squares milk	22 apple whole wheat raisin bread apple butter	23 organic blossoms milk	24 super smoothie vanilla maple yogurt inf: plain yogurt blueberry sauce banana
lunch	groovy organic chicken meatballs groovy falafel bites brown rice green peas	lentil bolognese whole grain pasta steamed carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	chicken fricassée texan kidney beans quinoa mini broccoli	beef & bean chili chili chili bang bang whole wheat garlic baguette brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot- coconut purée
pm snack	apple cracked wheat crackers cheddar cheese w/onion & garlic	pear inf: apple-banana purée melon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain rocket bun avocado bean guacamole	orange apple multigrain thins dill soft cheese	kiwi applesauce mini organic lemon cookies inf: organic strawberry granola
am snack	27 organic multigrain squares milk	28 cheddar bites apple-cinnamon morning round	29 applesauce granola pucks	30 pineapple melon & orange organic quinoa crunchies	31 organic crispy O's inf: organic blossoms milk
lunch	sunshine dahl brown rice green peas & carrots cucumber raita	masala fish mushroom quiche sweet potato mash veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken sandwich madagascar chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	mac'n cheese romaine lettuce maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	pear inf: cauliflower-carrot- coconut purée apple whole wheat pita cocoa chic'pea spread	banana crunchy green beans, baby carrots inf/tod: cucumber multigrain thins hummus	apple tomato bruschetta whole wheat garlic baguette	kiwi banana whole wheat blueberry scone