

watermelon

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

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

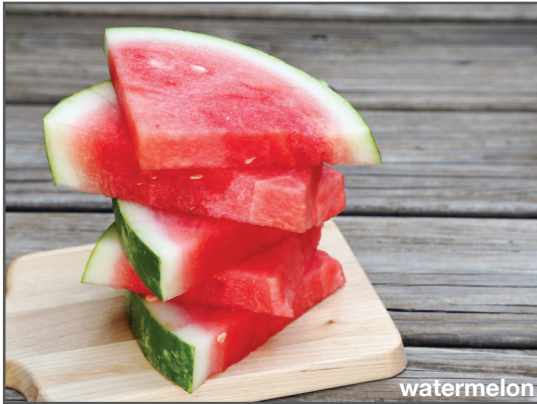
august 2019 menu

	monday	tuesday	wednesday	thursday	friday
am snack	5	6	7	8	9
lunch	Civic Holiday	chickpea chowder brown rice sweet corn	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup	egg salad whole wheat bread lettuce garnish garnish not for infants minestrone soup	salmon casserole h: tomato-lentil sauce w/rice pasta romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée
pm snack		orange	pear inf: apple-pear purée	stone fruit	banana
		cheddar cheese puffed rice square	apple cracked wheat crackers cocoa chic'pea spread	baby carrots inf/tod: steamed carrots organic crispbread dilly dip	mini pizza flax & whole wheat pita marinara sauce shredded cheddar
am snack	12	13	14	15	16
lunch	orange granola pucks	granola inf: organic brown rice blossoms milk	whole wheat mini bagel organic blueberry fruit spread milk	organic super O's milk	banana cranberry-orange morning round
pm snack	chick-a-noodle soup h: beany noodle soup wheat bun green peas	beef bolognese h: lentil bolognese whole grain pasta cucumber	masala fish h: mushroom quiche yellow rice bell peppers inf: spinach-coconut purée	mediterranean chicken h: navy beans w/spinach quinoa green beans inf: steamed green beans	tofu ratatouille red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée
	pear inf: banana-pear purée	apple	banana	diced melon	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 tomato salsa	cucumber & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

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

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

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am snack	19 apple zucchini muffin	20 organic multigrain squares milk	21 orange croissant	22 pear inf: apple-pear purée date & chia morning round	23 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
am snack	26 cheddar cheese cracked wheat crackers	27 granola inf: organic brown rice blossoms milk	28 stone fruit whole wheat raisin focaccia cream cheese	29 apple hard boiled egg	30 organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese w/rice pasta whole grain pasta sweet corn orange	black beans in salsa quinoa mini broccoli shredded cheddar apple	meteorite wrap 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 diced melon	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette spanish potato paprika-coco salad banana
pm snack	apple cocoa-beet loaf milk	pear inf: banana-pear purée trail mix inf: plain yogurt	tortilla crisps inf/tod: flax & whole wheat pita tomato salsa	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus

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