

august 2020 menu



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

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monday		tuesday	wednesday	thursday	friday
am snack	3	4 applesauce organic quinoa crunchies	5 granola inf: organic brown rice blossoms milk	6 watermelon croissant	7 banana roll up whole wheat wrap inf: apple-cinnamon snacking round apple butter banana
lunch	Civic Holiday	 white bean curry brown rice green peas orange	 beef burger  chickpea patty multigrain pita bun fruity carrot salad inf: blended fruity carrot salad real food ketchup pear inf: apple-pear purée	 tomato-spinach frijoles quinoa veggie rainbow inf: spinach-coconut purée sour cream orange	tuna & salmon pasta bake  tomato-lentil sauce w/rice pasta romaine lettuce caesar dressing w/ organic tofu inf: apple-mango-beet purée stone fruit
pm snack		cheddar or mozzarella cheese puffed rice square	apple gluten free oat & quinoa cocoa bar inf: apple-cinnamon snacking round	cucumber multigrain & chia crisps inf/tod: organic crispbread beany basil dip	mini pizza whole wheat pita marinara sauce shredded cheddar
am snack	10 orange zucchini muffin	11 granola inf: organic brown rice blossoms milk	12 orange whole wheat raisin focaccia organic blueberry fruit spread	13 organic brown rice blossoms milk	14 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	 chick-a-noodle soup  beany noodle soup whole wheat garlic baguette green beans inf: steamed green beans pear inf: banana-pear purée	 beef bolognese  lentil bolognese whole grain pasta green peas apple	 chickpea chowder brown rice cucumber stone fruit	 chicken sandwich madagascar chicken  spinach quiche multigrain pita bun lettuce garnish garnish not for infants bell pepper inf: spinach-coconut purée orange	 tofu ratatouille quinoa napa cabbage & spinach salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	watermelon trail mix inf: organic quinoa crunchies	baby carrots broccoli & cauliflower inf/tod: roasted sweet potato organic vegetable crackers hummus	tortilla crisps inf/tod: organic crispbread tomato salsa	cucumber roll up whole wheat wrap inf: whole wheat pita dilly dip cucumber

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

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

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am snack	17 organic multigrain squares milk	18 vanilla maple yogurt inf: plain yogurt granola inf: organic brown rice blossoms	19 whole wheat mini bagel organic blueberry fruit spread milk	20 apple müsli morning round	21 organic super O's milk
lunch	sunshine dahl brown rice green peas cucumber raita	marinara beef meatballs lentil bolognese whole grain pasta steamed carrots	jerk chicken texan kidney beans basmati rice coleslaw inf: blended coleslaw	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	mac chick 'n cheese vegan cheese sauce w/rice pasta tiny chopped salad creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée
pm snack	egg cracker stacker cracked wheat crackers mayo w/organic tofu hard boiled egg	apple cheddar bites	baby carrots & mini tomatoes inf/tod: steamed carrots whole wheat focaccia dill soft cheese	cucumber roll up whole wheat wrap inf: whole wheat pita hummus cucumber	tomato bruschetta whole wheat garlic baguette
am snack	24 organic multigrain squares milk	25 cheddar or mozzarella cheese cracked wheat crackers	26 organic brown rice blossoms milk	27 applesauce organic quinoa crunchies	28 banana blueberry-lemon loaf milk
lunch	pollo cacciatore lentil bolognese whole grain pasta sweet corn	provençal fish filet red pepper quiche brown rice cucumber	chicken meteorite wrap chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	skipjack tuna salad spinach quiche whole wheat pita lettuce garnish garnish not for infants fruity carrot salad inf: blended fruity carrot salad	beef & tomato filling pumpkin & beans quinoa mini broccoli shredded cheddar
pm snack	high tea snack croissant organic blueberry fruit spread apple	vanilla maple yogurt inf: plain yogurt granola inf: organic brown rice blossoms	tortilla crisps inf/tod: organic crispbread tomato salsa	cucumber croissant dill soft cheese	baby carrots inf/tod: steamed carrots puffed rice square hummus

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am snack	31 apple organic quinoa crunchies	1 organic super O's milk	2 hard boiled egg croissant	3 organic multigrain squares milk	4 banana muesli morning round
lunch	sri lankan chicken white bean curry brown rice green peas & carrots pear inf: banana-pear purée	pollo cacciatore lentil bolognese whole grain pasta green beans inf: steamed green beans strawberry sauce	beef burger chickpea patty multigrain pita bun fruity carrot salad inf: blended fruity carrot salad real food ketchup banana	tomato-spinach frijoles quinoa veggie rainbow inf: mini broccoli sour cream orange	salmon pasta bake tomato-lentil sauce w/riced pasta romaine lettuce caesar dressing w/ organic tofu inf: cauliflower-carrot-coconut purée stone fruit
pm snack	cheddar bites organic crispbread	apple ginger cookie inf: apple-cinnamon snacking round cocoa chic'pea spread	baby carrots inf/tod: roasted sweet potato basil pesto pasta salad	cucumber cracked wheat crackers beany basil dip	mini pizza whole wheat pita marinara sauce shredded cheddar

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