

enabling & inspiring a lifetime of healthy eating



vegetarian pasta bake

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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october 2020 menu

	monday	tuesday	wednesday	thursday	friday
am snack	5 apple pumpkin loaf milk	6 granola inf: organic brown rice blossoms milk	7 orange whole wheat mini bagel cream cheese	8 organic brown rice blossoms milk	9 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	beef & bean chili chili chili bang bang whole wheat garlic baguette green peas & carrots pear inf: banana-pear purée	lentil bolognese whole grain pasta steamed carrots apple	masala fish mushroom quiche yellow rice bell pepper inf: spinach-coconut purée banana	chicken fricasée texan kidney beans quinoa green beans inf: steamed green beans orange	friendsgiving feast roasted chicken w/ groovy gravy white bean curry half whole wheat pita potato mash green peas apple 
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber whole wheat focaccia hummus	cracked wheat crackers avocado bean guacamole	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square dilly dip
am snack	12  Happy Thanksgiving 	13 organic super O's milk	14 apple apple-cinnamon morning round	15 organic multigrain squares milk	16 whole wheat raisin focaccia organic blueberry fruit spread milk
lunch		bean burrito filling whole wheat wrap inf: whole wheat pita green peas & carrots sour cream orange	mediterranean chicken navy beans w/spinach red & white quinoa veggie rainbow inf: mini broccoli pear inf: banana-pear purée	sunshine dahl brown rice cucumber orange	salmon casserole tomato-lentil sauce w/rice pasta mini broccoli banana
pm snack		cheddar or mozzarella cheese cracked wheat crackers	applesauce organic quinoa crunchies	baby carrots inf/tod: steamed carrots whole wheat pita hummus	tomato bruschetta multigrain & chia crisps inf/tod: puffed rice square

 = herbivore protein inf/tod = infant/toddler substitute



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am snack	19 organic multigrain squares milk	20 cheddar or mozzarella cheese cracked wheat crackers	21 organic brown rice blossoms milk	22 pear inf: apple-pear purée cranberry-orange morning round	23 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown rice sweet corn orange	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita green peas & carrots shredded cheddar pear inf: apple-pear purée	chickpea crusted chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup banana	garbanzo bean tajine brown rice cucumber orange	beef & barley stew lentil & mushroom stew quinoa napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée pear inf: apple-pear purée
pm snack	apple pumpkin loaf milk	vanilla maple yogurt inf: plain yogurt organic strawberry granola	tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	apple croissant	cucumber cracked wheat crackers dill soft cheese
am snack	26 apple organic quinoa crunchies	27 organic super O's milk	28 hard boiled egg croissant	29 organic multigrain squares milk	pear inf: applesauce muesli morning round
lunch	sri lankan chicken white bean curry brown rice green peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: whole wheat pita green peas shredded cheddar blueberry sauce	beef burger chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup apple	new england fish chowdah bean cassoulet quinoa cucumber orange	vegetarian pasta bake steamed carrots banana
pm snack	cheddar bites cracked wheat crackers	apple choco-chip cookie inf: apple-cinnamon snacking round milk	cucumber sundried tomato pasta salad	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	diced melon gluten-free oat & quinoa cocoa bar inf: apple-cinnamon snacking round

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