

# october 2021 menu



groovy gravy

## 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
am snack	<b>4</b> pear inf: apple-pear purée blueberry-lemon loaf milk	<b>5</b> granola inf: organic brown rice blossoms milk	<b>6</b> apple whole wheat raisin bread organic blueberry fruit spread	<b>7</b> organic super O's milk	<b>8</b> 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	bolognese w/organic tofu whole grain pasta steamed carrots	masala fish mushroom quiche focaccia slice bell pepper inf: apple-mango-beet purée	chicken & wild rice stew loco lima beans quinoa mini broccoli	friendsgiving feast roasted chicken w/groovy gravy white bean curry potato mash green beans inf: steamed green beans
pm snack	orange  baby carrots inf/tod: steamed carrots organic crispbread beany basil dip	pear inf: banana-pear purée  melon trail mix inf: organic quinoa crunchies	banana  mini tomatoes inf/tod: orange multigrain & chia crisps inf/tod: puffed rice square avocado bean guacamole	apple inf: apple-pear purée  apple cinnamon-raisin snacking round	apple  cucumber sundried tomato pasta salad
am snack	<b>11</b> Happy Thanksgiving	<b>12</b> organic multigrain squares milk	<b>13</b> applesauce granola pucks	<b>14</b> banana organic quinoa crunchies	<b>15</b> organic super O's milk
lunch	Happy Thanksgiving	tomato-spinach frijoles brown rice green peas & carrots sour cream	marinara beef meatballs marinara falafel bites whole grain pasta veggie rainbow inf: mini broccoli	chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw	mac'n cheese napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange apple-cinnamon snacking round	pear inf: apple-banana purée  orange apple puffed rice square cocoa chic'pea spread	apple puffed rice square cocoa chic'pea spread	apple  tomato bruschetta whole wheat garlic baguette	banana  apple whole wheat blueberry scone

= herbivore protein inf/tod = infant/toddler substitute

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<b>am snack</b>	<b>18</b> organic brown rice blossoms milk	<b>19</b> orange apple-cinnamon morning round	<b>20</b> organic multigrain squares milk	<b>21</b> apple mini whole wheat bagel maple soft cheese	<b>22</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
<b>lunch</b>	<b>sri lankan chicken white bean curry</b> brown & red rice sweet corn	<b>chickpea chowder</b> wheat bun mini broccoli	<b>chickpea crusted chicken meteorites</b> <b>chickpea patty</b> real food ketchup tricolour pasta salad green beans inf: steamed green beans	<b>egg salad sandwich</b> <b>egg salad</b> whole wheat pita lettuce garnish garnish not for infants minestrone soup	<b>beef &amp; tomato pumpkin &amp; beans</b> quinoa romaine lettuce creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée
<b>pm snack</b>	blueberry sauce  apple carrot muffin	pear inf: banana-pear purée  <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt organic strawberry granola	banana  apple tortilla crisps inf/tod: whole wheat pita tomato salsa	pear inf: apple-pear purée  baby carrots inf/tod: steamed carrots cracked wheat crackers red pepper hummus	orange  bell pepper inf: cucumber puffed rice square spinach-organic tofu dip
<b>am snack</b>	<b>25</b> organic super O's milk	<b>26</b> pear inf: banana-pear purée cranberry-orange morning round	<b>27</b> hard boiled egg focaccia slice	<b>28</b> apple organic quinoa crunchies	<b>29</b> organic multigrain squares milk
<b>lunch</b>	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain pasta green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots	<b>black beans in salsa</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>mac'n cheese</b> romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée
<b>pm snack</b>	orange  apple mini organic lemon cookies inf: carrot muffin milk	apple  <b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar	banana  pear inf: apple-banana purée cheddar bites	diced melon  mini tomatoes inf/tod: roasted sweet potato cracked wheat crackers hummus	banana  apple <b>gluten-free oat &amp; quinoa cocoa bar</b> inf: cinnamon-raisin snacking round