



garbanzo bean tajine

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

november 2019 menu

	monday	tuesday	wednesday	thursday	friday
am snack	4 orange pumpkin loaf milk	5 organic strawberry granola milk	6 hard boiled egg croissant	7 organic super O's milk	8 banana vanilla maple yogurt inf: plain yogurt
lunch	groovy organic chicken meatballs h: marinara falafel bites half whole wheat pita potato mash green peas pear inf: banana-pear purée	bolognese w/organic tofu whole grain rotini green beans inf: steamed green beans apple	masala fish h: mushroom quiche quinoa bell peppers inf: spinach-coconut purée banana	gong bao chicken h: tangy organic tofu bites basmati rice broccoli trees inf/tod: soft broccoli orange	beef & bean chili h: chili chili bang bang wheat bun napa cabbage & spinach salad maple samurai vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	baby carrots & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip
am snack	11 pear inf: apple-pear purée granola pucks	12 organic multigrain squares milk	13 mini whole wheat bagel organic blueberry fruit spread milk	14 orange apple-cinnamon morning round	15 organic super O's milk
lunch	white bean curry couscous green peas apple	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots orange	madagascar chicken h: curried lentils red & white quinoa coleslaw inf: blended coleslaw banana	tomato-spinach frijoles brown & red rice veggie rainbow inf: mini broccoli shredded cheddar pineapple	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée diced melon
pm snack	hard boiled egg whole wheat pita mayo w/organic tofu	apple cheddar bites	cracker stackers organic vegetable crackers cream cheese cucumber	tomato bruschetta whole wheat garlic baguette	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana

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	18 cheddar bites cracked wheat crackers	19 granola inf: organic brown rice blossoms milk	20 orange whole wheat pita maple soft cheese	21 applesauce muesli morning round	22 organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese whole grain pasta sweet corn	garbanzo bean tajine quinoa cucumber	meteorite wrap chickpea crusted chicken meteorites h: chickpea patty whole wheat wrap inf: whole wheat mini bagel romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée banana	carrot & flax fish h: spinach quiche brown rice green beans inf: steamed green beans pear inf: banana-pear purée	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette green peas
pm snack	orange apple zucchini muffin	apple vanilla maple yogurt inf: plain yogurt trail mix inf: banana-pear purée	banana tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	banana bell peppers inf: apple-mango-beet purée croissant	banana cucumber & mini tomatoes inf/tod: steamed carrots puffed rice square hummus
am snack	25 apple organic quinoa crunchies	26 organic super O's milk	27 orange whole wheat raisin focaccia apple butter	28 organic multigrain squares milk	29 melon cranberry-orange morning round
lunch	sri lankan chicken h: white bean curry brown rice green peas & carrots	bean burrito filling brown rice sweet corn shredded cheddar	beef burger h: chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup	caldereida fish h: sweet & sour sauce w/organic tofu quinoa mini broccoli	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: banana-pear purée cheddar bites cracked wheat crackers	apple ginger cookie inf: apple-cinnamon snacking round milk	apple mango sauce cucumber sundried tomato pasta salad	apple baby carrots inf/tod: steamed carrots organic crispbread dilly dip	apple mini pizza whole wheat pita marinara sauce shredded cheddar

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