



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

january 2022 menu

	monday	tuesday	wednesday	thursday	friday
am snack	3 organic strawberry granola milk	4 applesauce organic quinoa crunchies	5 orange granola pucks	6 apple organic quinoa crunchies	7 organic crispy O's inf: organic brown rice blossoms milk new!
lunch	sunshine dahl brown rice green peas & carrots	beef bolognese lentil bolognese whole grain pasta veggie rainbow inf: mini broccoli	garbanzo bean tajine red & white quinoa steamed carrots	paprika chicken curried lentils whole wheat pita coleslaw inf: blended coleslaw	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange cheddar or mozzarella cheese puffed rice square	pear inf: applesauce apple organic strawberry granola	banana cucumber puffed rice square hummus	orange mini tomatoes inf/tod: roasted sweet potato whole wheat garlic baguette	banana apple mini organic lemon cookies inf: cinnamon-raisin snacking round milk
am snack	10 organic strawberry granola milk	11 melon müesli morning round	12 organic crispy O's inf: organic brown rice blossoms milk	13 apple carrot muffin	14 fruit pizza whole wheat flatbread apple butter banana
lunch	beef & tomato pumpkin & beans brown & red rice sweet corn	white bean curry quinoa green peas & carrots	chicken meteorite wrap chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	beef & bean chili chili chili bang bang whole wheat garlic baguette green beans inf: steamed green beans	mediterranean chicken navy beans w/spinach brown rice steamed carrots
pm snack	apple baby carrots inf/tod: steamed carrots puffed rice square beany basil dip	pear inf: apple-mango-beet purée yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-banana purée	banana apple tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	orange mini tomatoes inf/tod: melon cheddar or mozzarella cheese	apple bell pepper inf: cucumber cracked wheat crackers spinach-organic tofu dip

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black beans in salsa

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am snack	17 organic crispy O's inf: apple-banana purée milk	18 apple cranberry-orange morning round	19 hard boiled egg focaccia slice	20 granola inf: organic brown rice blossoms milk	21 pear inf: spinach-coconut purée organic quinoa crunchies
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas blueberry sauce	bolognese w/organic tofu whole grain pasta steamed carrots pear inf: cauliflower-carrot- coconut purée	burrito bowl black beans in salsa quinoa sweet corn sour cream apple	beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad banana	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée apple
pm snack	orange oatmeal cookie inf: carrot muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf dilly dip	baby carrots, broccoli & cauliflower inf/tod: melon puffed rice square cream cheese
am snack	24 orange apple-cinnamon morning round	25 granola inf: spinach-coconut purée milk	26 applesauce whole wheat raisin bread organic blueberry fruit spread	27 organic crispy O's inf: sweet potato-carrot purée milk	28 super smoothie vanilla maple yogurt inf: plain yogurt apple-banana blend banana
lunch	chick-a-noodle soup beany noodle soup wheat bun green peas & carrots pear inf: apple-banana purée	beef bolognese lentil bolognese whole grain pasta steamed carrots apple	chickpea chowder whole wheat pita bell pepper inf: apple-mango-beet purée banana	chicken & wild rice stew loco lima beans quinoa mini broccoli clementine	filipino beef giniling chili chili bang bang brown & red rice brocco-kale salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée apple
pm snack	baby carrots inf/tod: steamed carrots cracked wheat crackers beany basil dip	melon organic quinoa crunchies	mini tomatoes inf/tod: kiwi multigrain & chia crisps inf/tod: puffed rice square avocado bean guacamole	apple cocoa-beet loaf milk	cucumber basil pesto pasta salad

= herbivore protein inf/tod = infant/toddler substitute