

september 2021 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

	monday	tuesday	wednesday	thursday	friday
am snack	6	7	8	9	10
lunch	Labour Day	bolognese w/organic tofu whole grain pasta green peas & carrots pear inf: banana-pear purée	masala fish mushroom quiche focaccia slice bell pepper inf: apple-mango-beet purée orange	chicken & wild rice stew loco lima beans quinoa mini broccoli pear inf: banana-pear purée	super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana beef & bean chili chili chili bang bang brown & red rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée stone fruit
pm snack		kiwi trail mix inf: organic crispbread	cheddar or mozzarella cheese puffed rice square	applesauce apple-cinnamon snacking round	cucumber sundried tomato pasta salad
am snack	13	14	15	16	17
lunch	tomato spinach-frijoles brown rice green peas & carrots shredded cheddar pear inf: apple-banana purée	carrot & flax fish spinach quiche red & white quinoa veggie rainbow inf: mini broccoli pineapple	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots banana	chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw stone fruit	mac'n cheese napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée orange
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers avocado bean guacamole	apple whole wheat pita cocoa chic'pea spread	cucumber puffed rice square dilly dip	tomato bruschetta whole wheat garlic baguette	banana whole wheat blueberry scone



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am snack	20 organic brown rice blossoms milk	21 orange müesli morning round	22 organic multigrain squares milk	23 apple mini whole wheat bagel maple soft cheese	24 fruit pizza whole wheat flatbread apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice sweet corn strawberry sauce	chickpea chowder wheat bun mini broccoli pear inf: banana-pear purée	chickpea crusted chicken meteorites chickpea patty real food ketchup tricolour pasta salad green beans inf: steamed green beans kiwi	egg salad sandwich egg salad whole wheat bread lettuce garnish garnish not for infants minestrone soup pear inf: apple-pear purée	beef & tomato pumpkin & beans quinoa tiny chopped salad creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée orange
pm snack	apple banana muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-pear purée	pineapple tortilla crisps inf: whole wheat pita tomato salsa	baby carrots inf/tod: steamed carrots cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée croissant spinach-organic tofu dip
am snack	27 organic super O's milk	28 kiwi cranberry-orange morning round	29 hard boiled egg focaccia slice	30 apple organic quinoa crunchies	1 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas orange	provençal fish filet red pepper quiche brown rice steamed carrots pear inf: apple-banana purée	bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream banana	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad diced melon	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée apple
pm snack	apple choco-chip cookie inf: banana muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	apple cheddar bites	mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf hummus	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana