



beef & barley stew

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*

*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

december 2022 menu

	monday	tuesday	wednesday	thursday	friday
am snack	5 organic crispy O's inf: organic whole wheat flakes milk	6 cheddar bites brioche bite	7 applesauce granola pucks	8 orange organic quinoa crunchies	9 organic blossoms milk
lunch	sunshine dahl brown rice green peas & carrots	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	apple egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	pineapple orange puffed rice square cocoa chic'pea spread	banana baby carrots inf/tod: cucumber organic crispbread crackers hummus	pear inf: apple-banana purée greek salad inf: cauliflower-carrot-coconut purée whole wheat garlic baguette	apple banana whole wheat blueberry scone
am snack	12 organic blossoms milk	13 melon cranberry-orange morning round	14 organic multigrain squares milk	15 pineapple banana muffin	16 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice green peas & carrots	white bean curry quinoa baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée	chicken meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée	beef & barley stew lentil & mushroom stew onion bread green beans inf: steamed green beans	mediterranean chicken navy beans w/spinach millet steamed carrots
pm snack	apple pear inf: apple-banana purée puffed rice square cream cheese	banana yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange kiwi pita crackers inf/tod: whole wheat pita tomato salsa	apple baby carrots inf/tod: steamed carrots whole wheat mini bagel red pepper hummus	pear inf: apple-mango-beet purée cucumber, broccoli & cauliflower inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip



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am snack	19 organic crispy O's inf: organic blossoms milk	20 pear inf: apple-mango-beet purée muesli morning round	21 hard boiled egg brioche bite	22 organic multigrain squares milk	23 banana organic quinoa crunchies
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas strawberry sauce	provençal fish filet red pepper quiche brown rice steamed carrots orange	burrito bowl black beans in salsa quinoa sweet corn sour cream apple	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad diced melon	festive feast roasted chicken w/groovy gravy white bean curry potato mash green beans inf: steamed green beans orange
pm snack	apple apple-cinnamon snacking round	mini pizza whole wheat focaccia marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: whole wheat pita cocoa chic'pea spread banana	cucumber folded basil loaf dilly dip	holiday treat gingerbread kids inf: banana muffin apple milk
am snack	26	27	28 applesauce organic quinoa crunchies	29 organic blossoms milk	30 apple cranberry bar inf: whole wheat pita
lunch	Happy Holidays!		chickpea chowder quinoa green peas & carrots orange	carrot & flax fish spinach quiche brown rice mini broccoli pear inf: apple-banana purée	beef & bean chili chili chili bang bang onion bread sweet corn orange
pm snack			apple cracked wheat crackers cream cheese	applesauce cinnamon-raisin snacking round	cheddar or mozzarella cheese puffed rice square