

january 2023 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*

*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	2 organic strawberry granola milk	3 pear inf: spinach-coconut purée apple-cinnamon snacking round maple soft cheese	4 applesauce granola pucks	5 diced melon organic quinoa crunchies	6 organic blossoms milk
lunch	🌿 sunshine dahl focaccia slice green peas & carrots	🌿 masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	🌿 beef bolognese lentil bolognese whole grain pasta steamed carrots	🌿 jerk chicken texan kidney beans whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	🌿 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	banana apple puffed rice square cocoa chic'pea spread	apple baby carrots inf/tod: cucumber whole wheat pita cream cheese	orange greek salad inf: cauliflower-carrot-coconut purée whole wheat garlic baguette	apple banana brioche bite
am snack	9 organic whole wheat flakes milk	10 apple cranberry-orange morning round	11 organic multigrain squares milk	12 apple carrot muffin	13 fruit pizza whole wheat flatbread apple butter banana
lunch	🌿 caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn	🌿 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: whole wheat pita 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	orange pear inf: apple-banana purée organic crispbread crackers dill soft cheese	banana yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	pineapple apple pita crackers inf/tod: puffed rice square tomato salsa	orange baby carrots inf/tod: steamed carrots whole wheat pita red pepper hummus	apple cucumber, broccoli & cauliflower inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip

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filipino beef giniling

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am snack	16 organic crispy O's inf: organic blossoms milk	17 apple muesli morning round	18 hard boiled egg brioche bite	19 organic multigrain squares milk	20 banana organic quinoa crunchies
lunch	bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas	provençal fish filet red pepper quiche potato mash steamed carrots	burrito bowl black beans in salsa quinoa sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	lunar new year lunch gong bao chicken gong bao tofu basmati rice mini broccoli
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: whole wheat pita cocoa chic'pea spread banana	cucumber roasted red pepper loaf dilly dip	cheddar or mozzarella cheese puffed rice square
am snack	23 orange apple-cinnamon morning round	24 granola inf: organic multigrain squares milk	25 apple whole wheat raisin bread organic blueberry fruit spread	26 organic multigrain squares milk	27 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	white bean curry whole wheat roll green peas	beef bolognese lentil bolognese whole grain pasta bell pepper inf: apple-mango-beet purée	fish taco carrot & flax fish spinach quiche whole wheat wrap inf: multigrain rocket bun red cabbage & spinach salad inf: sweet potato-carrot purée	chicken & wild rice stew lentil & mushroom stew quinoa mini broccoli	filipino beef giniling chili chili bang brown & red rice brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot- coconut purée
pm snack	baby carrots inf/tod: steamed carrots cracked wheat crackers beany basil dip	apple cranberry bar inf: organic quinoa crunchies	mini tomatoes inf/tod: kiwi tortilla crisps inf/tod: puffed rice square avocado bean guacamole	banana cocoa-beet loaf	cucumber basil pesto pasta salad

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am snack	30 organic multigrain squares milk	31 cheddar bites brioche bite	1 applesauce granola pucks	2 diced melon organic quinoa crunchies	3 organic crispy O's inf: organic whole wheat flakes milk
lunch	tomato-spinach frijoles brown rice green peas & carrots shredded cheddar	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 coleslaw inf: blended coleslaw sour cream	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
	orange	pear inf: apple-banana purée	banana	apple	apple
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple cracked wheat crackers cocoa chic'pea spread	mini tomatoes inf/tod: cucumber puffed rice square hummus	baby carrots inf/tod: steamed carrots whole wheat garlic baguette	banana whole wheat blueberry scone

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

A partnership to be proud of: Gogo Quinoa!



We love working with Quebec-based company GoGo Quinoa! Since 2004 they have been importing & transforming organic quinoa products across Canada, with a mission to contribute to the well-being of the planet and its inhabitants.

We serve GoGo's organic, fair-trade products across our Real Food menus including white quinoa as a whole lunch grain, a variety of crunchy puffed quinoa as snacks, and their gluten free quinoa pasta is the perfect ingredient in our RFK-made Chick-a-noodle soup!