

# may 2022 menu



beef bolognese

## 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	<b>2</b> organic blossoms milk	<b>3</b> melon cranberry-orange morning round	<b>4</b> organic multigrain squares milk	<b>5</b> pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	<b>6</b> <b>fruit roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	<b>sri lankan chicken</b> <b>white bean curry</b> brown & red rice green peas & carrots	<b>beef &amp; barley stew</b> <b>lentil &amp; mushroom stew</b> whole wheat roll mini broccoli	<b>chicken meteorite wrap</b> <b>chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun napa cabbage w/baby spinach caesar dressing w/ organic tofu inf: spinach-coconut purée	<b>tuna salad sandwich</b> <b>skipjack tuna salad</b> <b>spinach quiche</b> whole wheat pita squash-coconut soup	<b>garbanzo bean tajine</b> quinoa green beans inf: steamed green beans
pm snack	mango sauce  orange zucchini muffin	banana  <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple  pineapple tortilla crisps inf/tod: whole wheat pita tomato salsa	apple  baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	pear inf: apple-banana purée  bell pepper inf: apple-mango-beet purée focaccia slice spinach-organic tofu dip
am snack	<b>9</b> organic crispy O's inf: organic blossoms milk	<b>10</b> apple muesli morning round	<b>11</b> hard boiled egg whole wheat pita	<b>12</b> organic multigrain squares milk	<b>13</b> banana organic quinoa crunchies
lunch	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun green peas sour cream	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots w/parsley	<b>burrito bowl</b> <b>black beans in salsa</b> quinoa sweet corn	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>vegetarian pasta bake</b> romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	orange  apple oatmeal cookie inf: zucchini muffin milk	pear inf: spinach-coconut purée  <b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar	apple  <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	applesauce  mini tomatoes inf/tod: roasted sweet potato falafel bites dilly dip	orange  apple cinnamon-raisin snacking round

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am snack	<b>16</b> apple blueberry-lemon loaf milk	<b>17</b> granola inf: organic multigrain squares milk	<b>18</b> orange whole wheat raisin bread organic raspberry fruit spread	<b>19</b> organic whole wheat flakes milk	<b>20</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	<b>groovy organic chicken meatballs</b> falafel bites w/groovy gravy potato mash green peas	<b>lentil bolognese</b> whole grain pasta steamed carrots	<b>fish tacos</b> <b>masala fish</b> <b>mushroom quiche</b> whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	<b>chicken fricassée</b> <b>texan kidney beans</b> quinoa green peas & carrots	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> brown rice brocco-kale salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée
pm snack	orange  baby carrots inf/tod: steamed carrots organic crispbread crackers beany basil dip	apple  melon crunchy trail mix inf: organic quinoa crunchies	banana  mini tomatoes inf/tod: orange tortilla crisps inf/tod: puffed rice square avocado bean guacamole	pear inf: spinach-coconut purée  apple cracked wheat crackers dill soft cheese	apple  cucumber sundried tomato pasta salad
am snack	<b>23</b>	<b>24</b> organic multigrain squares milk	<b>25</b> applesauce granola pucks	<b>26</b> banana organic quinoa crunchies	<b>27</b> organic whole wheat flakes milk
lunch	<b>Victoria Day</b>	<b>sunshine dahl</b> brown rice green peas	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain pasta steamed carrots	<b>chicken sandwich</b> <b>paprika chicken</b> <b>curried lentils</b> multigrain pita bun coleslaw inf: blended coleslaw	<b>mac'n cheese</b> napa cabbage w/baby spinach maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack		orange  pear inf: applesauce apple-cinnamon snacking round	pear inf: apple-banana purée  apple puffed rice square cocoa chic'pea spread	orange  baby carrots inf/tod: melon cracked wheat crackers hummus	banana  apple whole wheat blueberry scone