



salmon pasta bake

## 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	<b>5</b> applesauce apple-cinnamon snacking round	<b>6</b> organic super O's milk	<b>7</b> hard boiled egg croissant	<b>8</b> organic multigrain squares milk	<b>9</b> apple organic quinoa crunchies
lunch	<b>sri lankan chicken white bean curry</b> brown rice green beans inf: steamed green beans  watermelon	<b>chickpea chowder</b> quinoa green peas  orange	<b>beef burger chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad  apple	<b>egg salad</b> whole wheat bread lettuce garnish garnish not for infants cucumber  blueberry sauce	<b>salmon pasta bake tomato-lentil sauce w/rice pasta</b> napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée  stone fruit
pm snack	orange organic strawberry granola bar inf: organic quinoa crunchies	kiwi ginger cookie inf: carrot muffin milk	cucumber basil pesto pasta salad	mini tomatoes inf/tod: steamed carrots cracked wheat crackers dill soft cheese	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar
am snack	<b>12</b> pear inf: apple-banana purée cheddar or mozzarella cheese	<b>13</b> granola inf: organic brown rice blossoms milk	<b>14</b> apple whole wheat mini bagel cream cheese	<b>15</b> organic super O's milk	<b>16</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	<b>chick-a-noodle soup beany noodle soup</b> whole wheat garlic baguette green beans inf: steamed green beans  kiwi	<b>masala fish mushroom quiche</b> yellow rice green peas & carrots  pear inf: banana-pear purée	<b>beef bolognese lentil bolognese</b> whole grain pasta cucumber  watermelon	<b>chicken sandwich jerk chicken</b> <b>texan kidney beans</b> multigrain pita bun coleslaw inf: blended coleslaw  apple	<b>ratatouille w/organic tofu</b> quinoa tiny chopped salad balsamic dressing inf: cauliflower-carrot- coconut purée  pear inf: banana-pear purée
pm snack	apple cocoa-beet loaf milk	melon trail mix inf: apple-cinnamon snacking round	multigrain & chia crisps inf/tod: whole wheat pita avocado bean guacamole	baby carrots inf/tod: roasted sweet potato roasted red pepper loaf hummus	cucumber croissant dilly dip

= herbivore protein inf/tod = infant/toddler substitute

# july 2021 menu



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<b>am snack</b>	<b>19</b> organic multigrain squares milk	<b>20</b> applesauce granola pucks	<b>21</b> orange whole wheat raisin bread organic blueberry fruit spread	<b>22</b> organic super O's milk	<b>23</b> diced melon whole wheat blueberry scone
<b>lunch</b>	<b>sunshine dahl</b> basmati rice green peas cucumber raita	<b>mediterranean chicken</b> <b>navy beans w/spinach</b> couscous steamed carrots	<b>beef bolognese lentil bolognese</b> whole grain pasta veggie rainbow inf: mini broccoli	<b>carrot &amp; flax fish spinach quiche</b> brown rice bell pepper inf: spinach-coconut purée	<b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: sweet potato-carrot purée
	orange	pear inf: apple-pear purée	apple	pear inf: apple-pear purée	stone fruit
<b>pm snack</b>	<b>egg cracker stacker</b> hard boiled egg cracked wheat crackers mayo w/organic tofu	apple cheddar or mozzarella cheese	cucumber organic vegetable crackers spinach-organic tofu dip	<b>banana roll up</b> whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	tomato bruschetta whole wheat garlic baguette
<b>am snack</b>	<b>26</b> organic brown rice blossoms milk	<b>27</b> applesauce cranberry-orange morning round	<b>28</b> organic multigrain squares milk	<b>29</b> apple zucchini muffin	<b>30</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
<b>lunch</b>	<b>pollo cacciatore lentil bolognese</b> whole grain pasta green peas & carrots	<b>burrito bowl black beans in salsa</b> brown rice sweet corn shredded cheddar	<b>chicken meteorite wrap chicken meteorites chickpea patty</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>provençal fish filet red pepper quiche</b> quinoa steamed carrots	<b>beef &amp; tomato filling pumpkin &amp; beans</b> whole wheat roll cucumber
	pear inf: banana-pear purée	orange	kiwi	pineapple	orange
<b>pm snack</b>	apple cocoa-beet loaf milk	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: organic quinoa crunchies	cucumber tortilla crisps inf/tod: whole wheat pita tomato salsa	mini tomatoes inf/tod: cucumber whole wheat mini bagel red pepper hummus	baby carrots broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square beany basil dip