



tomato-spinach frijoles

## the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu

### from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics\*
- organic turkey
- wild caught, Ocean Wise™ salmon & tuna



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu

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no artificial: colours, flavours or sweeteners  
no added nitrates or nitrites

we advocate for the mandatory labelling of GMOs

\*some exceptions may apply to accommodate religious needs

### peanut & tree nut free

PREMIER'S AWARD FOR  
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S  
2016 LEADERSHIP  
AWARDS

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>2</b> organic multigrain squares milk	<b>3</b> applesauce organic quinoa crunchies	<b>4</b> croissant hard boiled egg	<b>5</b> orange date-chia morning round	<b>6</b> organic super O's milk
<b>lunch</b>	<b>chickpea chowder</b> brown rice green peas	<b>marinara beef meatballs</b> <b>h: marinara falafel bites</b> whole grain pasta snow peas & carrots inf: steamed carrots	<b>madagascar chicken</b> <b>h: curried lentils</b> red & white quinoa coleslaw inf: blended coleslaw	<b>tomato-spinach frijoles</b> yellow rice shredded cheddar veggie rainbow inf: mini broccoli	<b>mac chick 'n cheese</b> <b>h: vegan mac 'n cheese</b> tiny chopped salad ranch dressing w/organic tofu inf: sweet potato-carrot purée
	apple	orange	banana	blueberry sauce	melon
<b>pm snack</b>	baby carrots inf/tod: melon brioche bite	puffed rice square cheddar cheese	<b>cracker stackers</b> cucumber rice crackers inf: ancient grains crackbread cream cheese	tomato bruschetta focaccia slice	<b>banana roll up</b> banana whole wheat wrap inf: multigrain slider no-nut butter
<b>am snack</b>	<b>9</b> organic corn & quinoa cake cheddar bites	<b>10</b> granola inf: organic brown rice puffs milk	<b>11</b> orange brioche bite	<b>12</b> applesauce muesli morning round	<b>13</b> organic multigrain squares milk
<b>lunch</b>	<b>mexican beef burrito</b> <b>h: bean burrito</b> whole wheat wrap inf: multigrain slider sour cream sweet corn	<b>chili w/organic turkey</b> <b>h: chickpea chowder</b> couscous cucumber	<b>chicken meteorites</b> <b>h: chickpea patty</b> tricolour pasta salad real food ketchup steamed carrots	<b>carrot &amp; flax fish</b> <b>h: spinach quiche</b> brown rice napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée melon	<b>beef &amp; barley stew</b> <b>h: lentil stew</b> quinoa mini broccoli
	orange	apple	banana	banana	banana
<b>pm snack</b>	apple carrot muffin	kiwi trail mix inf: plain yogurt	tortilla crisps inf/tod: stone wheat crackers tomato salsa inf/tod: red pepper hummus	bell peppers inf: apple-mango-beet purée croissant	baby carrots inf/tod: cucumber puffed rice square hummus

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.



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<b>am snack</b>	<b>16</b> apple organic quinoa crunchies	<b>17</b> organic super O's milk	<b>18</b> orange apple-cinnamon morning round	<b>19</b> organic multigrain squares milk	<b>20</b> pineapple raisin bread maple soft cheese
<b>lunch</b>	<b>paprika chicken h: navy beans w/ spinach</b> brown rice green peas & carrots  pear inf: pear-banana purée	<b>bean burrito</b> whole wheat wrap inf: multigrain slider shredded cheddar zucchini, red pepper & corn salad inf: sweet corn  strawberry sauce	<b>beef burger h: chickpea patty</b> multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad  melon	<b>caldereida fish h: sweet &amp; sour sauce w/organic tofu</b> quinoa mini broccoli  banana	<b>vegetarian pasta bake</b> romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée  apple
<b>pm snack</b>	stone wheat crackers cheddar bites	apple choco-chip cookie inf: brioche bite milk	cucumber sundried tomato pasta salad	baby carrots & mini tomatoes inf/tod: steamed carrots organic crispbread dilly dip	<b>mini pizza</b> whole wheat pita marinara sauce shredded cheddar
<b>am snack</b>	<b>23</b> orange blueberry-citrus loaf milk	<b>24</b> granola inf: organic brown rice puffs milk	<b>25</b> whole wheat mini bagel organic blueberry fruit spread milk	<b>26</b> organic super O's milk	<b>super smoothie</b> banana apple-banana blend plain yogurt
<b>lunch</b>	<b>groovy organic chicken meatballs h: marinara falafel bites</b> half whole wheat pita potato mash green peas  pear inf: pear-banana purée	<b>lentil bolognese</b> whole grain pasta bell peppers inf: spinach-coconut purée  apple	<b>masala fish h: mushroom quiche</b> brown & red rice steamed carrots  banana	<b>sri lankan chicken h: white bean curry</b> quinoa green beans inf: steamed green beans  orange	<b>beef &amp; bean chili h: chili chili bang bang</b> garlic baguette tiny chopped salad apple cider vinaigrette inf: sweet potato-carrot purée  apple
<b>pm snack</b>	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber & mini tomatoes inf/tod: cucumber organic crackers red pepper hummus	tortilla crisps inf/tod: puffed rice square tomato salsa inf/tod: cheddar bites	cucumber & celery inf/tod: cucumber puffed rice square spinach-organic tofu dip

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