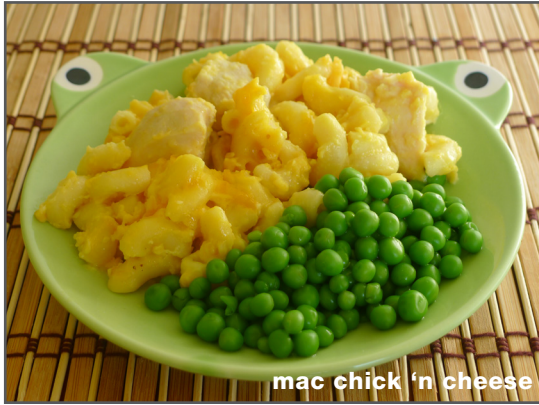


october 2017 menu



mac chick 'n cheese

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

.....

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
am snack	2 organic super O's milk	3 orange apple-cinnamon morning round	4 banana plain yogurt & flavoured organic yogurt	5 focaccia slice no-nut butter	6 organic multigrain squares milk
lunch	jerk chicken h: tangy organic tofu bites quinoa veggie rainbow inf: green peas & carrots strawberry-apple sauce	garbanzo bean tajine COUSCOUS mini broccoli melon	provençal fish filet h: red pepper quiche brown rice samurai carrot salad inf: blended samurai carrot salad pear inf: applesauce	beef bolognese h: bolognese w/organic tofu whole grain pasta romaine lettuce balsamic dressing inf: cauliflower-carrot-coconut purée apple inf: kiwi	groovy organic chicken meatballs h: marinara falafel bites half whole wheat pita potato mash green peas banana
pm snack	baby carrots inf/tod: cucumber puffed rice square dill soft cheese	apple inf: pear-banana purée trail mix inf: cranberry-orange snacking round	cucumber organic crispbread spinach-organic tofu dip	tortilla crisps inf/tod: puffed rice square avocado-organic tofu dip inf/tod: cheddar bites	baby carrots inf/tod: steamed carrots stone wheat crackers red pepper hummus
am snack	9	10 applesauce organic quinoa crunchies	11 cranberry-orange morning round hard boiled egg inf: plain yogurt	12 banana croissant	13 organic multigrain squares milk
lunch	Happy Thanksgiving!	tomato-spinach frijoles yellow rice shredded cheddar sweet corn melon	falafel bites whole wheat pita dilly dip cucumber & tomato salad orange	salmon casserole h: pesto rice pasta w/organic tofu green peas apple inf: kiwi	chicken & wild rice stew h: lentil stew brown rice bell peppers inf: cauliflower-carrot-coconut purée banana
pm snack		puffed rice square cheddar bites	pear inf: pear-banana purée mini organic lemon cookies inf: brioche bites	cucumber & mini tomatoes inf/tod: steamed carrots organic crispbread ranch dip w/organic tofu	baby carrots inf/tod: cucumber stone wheat crackers hummus

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

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

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FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	16 organic super O's milk	17 applesauce muesli morning round	18 orange whole wheat mini bagel cream cheese	19 granola inf: organic quinoa puffs milk	20 banana raisin bread organic raspberry fruit spread
lunch	chili w/organic turkey h: chili chili bang bang quinoa green peas & carrots apple inf: applesauce	bean burrito whole wheat wrap inf: multigrain rocket bun shredded cheddar sweet corn pear inf: pear-banana purée	beef burger h: chickpea patty multigrain pita bun real food ketchup cucumber banana	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot-coco purée apple inf: kiwi	masala fish h: slow cooked beans brown basmati rice steamed carrots orange
pm snack	orange trail mix inf: organic quinoa crunchies	melon banana muffin	raw tricolour carrots inf/tod: steamed carrots pesto pasta salad	tortilla crisps inf/tod: stone wheat crackers southwest salsa inf/tod: hummus	cucumber puffed rice square spinach-organic tofu dip
am snack	23 organic super O's milk	24 super smoothie pear inf: kiwi apple-banana blend plain yogurt	25 orange organic quinoa crunchies	26 banana brioche bite	27 organic multigrain squares milk
lunch	mexican beef burrito h: pumpkin & bean burrito whole wheat wrap inf: multigrain rocket bun sour cream sweet corn apple inf: pear-banana purée	mac chick 'n cheese h: lasagna sauce w/rice pasta veggie rainbow inf: mini broccoli orange	white bean curry quinoa steamed carrots melon	chickpea crusted chicken meteorites h: chickpea patty tricolour pasta salad real food ketchup cucumber apple inf: orange	caldereida fish h: sunshine dahl brown basmati rice bell peppers inf: cucumber pear inf: apple-banana purée
pm snack	baby carrots inf/tod: ancient grains crackbread cheddar bites	applesauce cinnamon-raisin snacking round	garlic baguette tomato bruschetta	sugar snap peas & baby carrots inf/tod: steamed carrots stone wheat crackers beany basil dip	banana cocoa-beet loaf milk

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