



beef & bean chili

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



november 2018 menu

	monday	tuesday	wednesday	thursday	friday
am snack	5 orange pumpkin loaf milk	6 granola inf: organic brown rice puffs milk	7 whole wheat mini bagel organic raspberry fruit spread milk	8 organic super O's milk	9 super smoothie banana orange-vanilla blend plain yogurt
lunch	groovy organic chicken meatballs h: marinara falafel bites half whole wheat pita potato mash green peas pear inf: pear-banana purée	lentil bolognese whole grain pasta steamed carrots apple	bean cassoulet yellow rice bell peppers inf: spinach-coconut purée banana	chicken & black bean fiesta h: black bean & organic tofu quinoa green beans inf: steamed green beans orange	beef & bean chili h: chili chili bang bang brown & red rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cranberry-orange snacking round	melon trail mix inf: organic quinoa crunchies	cucumber & mini tomatoes inf/tod: cucumber red pepper hummus cracked wheat crackers	tortilla crisps inf/tod: whole wheat pita avocado-organic tofu dip inf/tod: cheddar bites	baby carrots & celery inf/tod: roasted sweet potato spinach-organic tofu dip puffed rice square
am snack	12 organic multigrain squares milk	13 pear inf: pear-banana purée granola pucks	14 croissant hard boiled egg	15 orange date-chia morning round	16 organic super O's milk
lunch	coconut-lemon bean ragoût couscous green peas apple	marinara beef meatballs h: marinara falafel bites whole grain pasta snow peas & carrots inf/tod: steamed carrots orange	chick-a-noodle soup h: beany noodle soup wheat bun green beans inf: steamed green beans banana	white bean curry brown rice veggie rainbow inf: mini broccoli strawberry sauce	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée melon
pm snack	cracked wheat crackers cheddar bites	applesauce organic quinoa crunchies	cracker stackers cucumber rice crackers inf: puffed rice square cream cheese	tomato bruschetta whole wheat pita	banana roll up banana whole wheat wrap inf: multigrain slider no-nut butter

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

fish-free menu to accommodate severe allergies

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



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am snack	19 whole wheat pita cheddar bites	20 granola inf: organic brown rice puffs milk	21 orange brioche bite	22 applesauce müesli morning round	23 organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese whole grain pasta sweet corn	garbanzo bean tajine quinoa cucumber	meteorite wrap chickpea crusted chicken meteorites h: chickpea patty whole wheat wrap inf: multigrain slider romaine lettuce ranch dressing w/ organic tofu inf: sweet potato-carrot purée banana	jerk chicken h: slow cooked beans brown rice green beans inf: steamed green beans	volcano sandwich beef & tomato filling h: pumpkin & beans garlic baguette shredded cheddar mini broccoli
pm snack	orange apple banana muffin	apple pear inf: apple-mango-beet purée trail mix inf: plain yogurt	tortilla crisps inf/tod: cracked wheat crackers avocado-organic tofu dip inf/tod: beany basil dip	melon cucumber whole wheat pita cream cheese	banana baby carrots & mini tomatoes inf/tod: steamed carrots hummus puffed rice square
am snack	26 apple organic quinoa crunchies	27 organic super O's milk	28 orange apple-cinnamon morning round	29 pear inf: pear-banana purée focaccia slice maple soft cheese	30 organic multigrain squares milk
lunch	paprika chicken h: navy beans w/spinach brown rice green peas & carrots	bean burrito bean burrito filling whole wheat wrap inf: multigrain slider shredded cheddar sweet corn	beef burger h: chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	marinara beef meatballs h: slow cooked beans quinoa mini broccoli	vegetarian pasta bake romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: pear-banana purée	mango sauce	melon	banana	apple
pm snack	cracked wheat crackers cheddar bites	apple ginger cookie inf: brioche bite milk	cucumber sundried tomato pasta salad	baby carrots & sugar snap peas inf/tod: steamed carrots dilly dip organic crispbread	mini pizza whole wheat pita marinara sauce shredded cheddar

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