

january 2019 menu



beef & barley stew

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	7 applesauce organic quinoa crunchies	8 hard boiled egg date-chia morning round	9 melon granola pucks	10 clementine croissant	11 organic super O's milk
lunch	bean cassoulet whole wheat roll green peas	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita	mac chick 'n cheese h: vegan cheese sauce w/rice pasta cucumber
pm snack	orange puffed rice square cheddar cheese	pear inf: apple-pear purée apple flax & whole wheat pita cocoa chic'pea spread	banana slider sandwiches multigrain slider cucumber dill soft cheese	blueberry sauce tomato bruschetta whole wheat garlic baguette	diced melon banana roll up whole wheat wrap inf: flax & whole wheat pita banana no-nut butter
am snack	14 flax & whole wheat pita cheddar bites	15 granola inf: organic brown rice puffs milk	16 orange brioche bite	17 applesauce müesli morning round	18 organic multigrain squares milk
lunch	mexican beef burrito filling h: bean burrito filling whole wheat wrap inf: multigrain slider sweet corn sour cream	chickpea chowder quinoa cucumber	chicken meteorites h: chickpea patty tricolour pasta salad peas & carrots real food ketchup	madagascar chicken h: slow cooked beans brown rice napa cabbage & spinach salad apple cider vinaigrette inf: spinach-coconut purée	beef & barley stew h: lentil & mushroom stew whole wheat garlic baguette mini broccoli
pm snack	orange apple cocoa-beet loaf milk	apple pear inf: apple-mango-beet purée organic quinoa crunchies	banana tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	diced melon cucumber croissant	banana baby carrots & mini tomatoes inf/tod: steamed carrots 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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am snack	21 apple organic quinoa crunchies	22 organic super O's milk	23 melon apple-cinnamon morning round	24 orange wheat bun cream cheese	25 organic multigrain squares milk
lunch	mediterranean chicken h: navy beans w/ spinach quinoa green peas & carrots pear inf: pear-banana purée	bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn shredded cheddar strawberry sauce	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup banana	marinara beef meatballs h: slow cooked beans brown rice mini broccoli pineapple	vegetarian pasta bake cucumber apple
pm snack	organic crispbread cheddar bites	apple mini organic lemon cookies inf: brioche bite milk	basil pesto pasta salad bell peppers inf: cucumber	baby carrots & mini tomatoes inf/tod: steamed carrots cracked wheat crackers beany basil dip	mini pizza flax & whole wheat pita marinara sauce shredded cheddar
am snack	28 orange zucchini muffin	29 granola inf: organic brown rice puffs milk	30 whole wheat mini bagel organic raspberry fruit spread milk	31 organic super O's milk	1 super smoothie banana apple-banana blend plain yogurt
lunch	chick-a-noodle soup h: beany noodle soup focaccia slice green beans inf: steamed green beans pear inf: pear-banana purée	beef bolognese h: lentil bolognese whole grain pasta bell peppers inf: spinach-coconut purée apple	black beans in salsa whole wheat wrap inf: multigrain slider sweet corn shredded cheddar banana	chicken & wild rice stew h: loco lima beans quinoa cucumber orange	chili w/organic turkey h: chili chili bang bang red & brown rice napa cabbage & spinach salad balsamic dressing inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	clementine trail mix inf: plain yogurt	cucumber celery & cauliflower inf/tod: cucumber organic vegetable crackers red pepper hummus	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	baby carrots inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

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