



marinara beef meatballs

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

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	6 cheddar cheese flax & whole wheat pita	7 organic strawberry granola milk	8 orange brioche bite	9 applesauce muesli morning round	10 organic multigrain squares milk
lunch	mexican beef burrito filling h: bean burrito filling whole wheat wrap inf: multigrain slider sweet corn sour cream orange	chili w/organic turkey h: chickpea chowder quinoa cucumber apple	chicken meteorites h: chickpea patty tricolour pasta salad steamed carrots real food ketchup banana	chickpea chowder brown rice green peas pineapple	beef & barley stew h: lentil & mushroom stew flax & whole wheat pita mini broccoli banana
pm snack	apple banana muffin	pear inf: banana-pear purée trail mix inf: plain yogurt	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus
am snack	13 apple organic quinoa crunchies	14 organic super O's milk	15 orange whole wheat raisin focaccia maple soft cheese	16 organic multigrain squares milk	17 hard boiled egg melon
lunch	sri lankan chicken h: white bean curry brown rice peas & carrots pear inf: banana-pear purée	bean burrito filling whole wheat wrap inf: multigrain slider mini broccoli shredded cheddar strawberry sauce	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup diced melon	jerk chicken h: texan kidney beans quinoa green beans inf: steamed green bean banana	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple
pm snack	cheddar bites cracked wheat crackers	apple oatmeal cookie inf: brioche bite milk	cucumber basil pesto pasta salad	baby carrots broccoli & cauliflower inf/tod: steamed carrots organic crispbread dilly dip	mini pizza flax & whole wheat pita marinara sauce shredded cheddar

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	20 	21	22	23	24
lunch	Victoria Day & World Bee Day	lentil bolognese whole grain pasta green peas	chickpea chowder yellow rice steamed carrots	chicken fricassée h: texan kidney beans quinoa green beans inf: steamed green beans	beef & bean chili h: chili chili bang bang red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack		cheddar cheese puffed rice square	apple cracked wheat crackers cocoa chic'pea spread	pear inf: apple-pear purée banana tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	organic multigrain squares milk baby carrots inf/tod: roasted sweet potato organic crispbread spinach-organic tofu dip
am snack	27 apple blueberry-lemon loaf milk	28 organic multigrain squares milk	29 orange croissant	30 pear inf: apple-pear purée date & chia morning round	31 organic super O's milk
lunch	bean cassoulet whole wheat garlic baguette green peas	marinara beef meatballs h: marinara falafel bites whole grain pasta snow peas & carrots inf: steamed carrots	paprika chicken h: curried lentils quinoa coleslaw inf: blended coleslaw	tomato-spinach frijoles brown rice veggie rainbow inf: mini broccoli shredded cheddar	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu inf: sweet potato-carrot purée
pm snack	orange	pear inf: apple-pear purée	banana	apple	orange
pm snack	hard boiled egg cracked wheat crackers mayo w/organic tofu	cheddar bites apple	rice cracker stackers rice crackers inf: puffed rice square cucumber cream cheese	tomato bruschetta flax & whole wheat pita	banana roll up whole wheat wrap inf: multigrain slider banana cocoa chic'pea spread

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