

menu



chili with organic turkey

the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu



we advocate for the mandatory labeling of GMOs



focus on fruits, vegetables & products grown & produced locally

from Ontario farms or Canadian coastlines:



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



dairy products & organic tofu

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

*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	3 orange muesli pita round	4 granola milk	5 apple inf: apple-mango-beet purée croissant	6 super smoothie apple-banana blend plain yogurt banana	7 organic multigrain squares milk
lunch	apple glazed organic chicken meatballs h: chickpea patty yellow rice green peas apple inf: applesauce	black bean & organic tofu burrito whole wheat wrap inf: multigrain pita bun shredded cheddar spinach lemon vinaigrette inf: sweet potato-carrot-coco purée orange	provençal fish filet h: mushroom quiche brown rice mini broccoli melon	beef bolognese h: lentil bolognese whole grain pasta bell peppers inf: steamed carrots pear inf: orange	white bean curry quinoa steamed carrots banana
pm snack	puffed rice square maple soft cheese seed & fruit garnish note: garnish not for infants	cheddar bites stone wheat crackers	mini tomatoes & cucumber inf/tod: cucumber organic crispbread dilly dip	mini pizza whole wheat pita marinara sauce shredded cheddar	apple inf: orange sundried tomato pasta salad
am snack	10 orange granola pucks	11 organic multigrain squares milk	12 melon apple-cinnamon pita round	13 organic super O's milk	14
lunch	chicken fricassée h: spinach & beans brown rice veggie rainbow inf: sweet potato-carrot-coco purée apple inf: melon	chicken meteorite caesar wrap h: chickpea patty whole wheat wrap inf: multigrain pita bun romaine lettuce caesar dressing w/organic tofu inf: cucumber pear inf: apple-pear purée	beef & barley stew h: lentil stew basmati rice sweet corn banana	vegetarian pasta bake beet & carrot salad inf: blended beet & carrot salad strawberry-apple sauce	Good Friday
pm snack	granola plain yogurt & flavoured organic yogurt	applesauce banana muffin	tortilla crisps inf/tod: puffed rice square avocado-organic tofu dip	raw tricolour carrots inf/tod: steamed carrots organic crispbread spinach-organic tofu dip	

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	17 applesauce organic quinoa puffs	18 organic super O's milk	19 carrot muffin plain soft cheese	20 super smoothie carrot-blueberry blend plain yogurt banana	21 organic multigrain squares milk
lunch	bolognese w/organic tofu whole grain pasta peas & corn apple inf: melon	chili w/ organic turkey h: chili chili bang bang basmati rice veggie rainbow inf: sweet corn pear inf: kiwi	slow cooked beans garlic baguette samurai carrot salad inf: blended fruity carrot salad melon	beef fagioli h: sunshine dahl red rice mini broccoli apple inf: apple-pear purée	paprika chicken h: red pepper quiche quinoa napa cabbage & watermelon radish salad apple cider vinaigrette inf: sweet potato-carrot-coco purée banana
pm snack	puffed rice square cheddar cheese	orange mini organic lemon cookies inf: banana-oatmeal mookie	apple inf: applesauce trail mix inf: multigrain cracklebread	cucumber organic corn & quinoa cake dilly dip	raw carrots inf/tod: cucumber stone wheat crackers spinach hummus
am snack	24 granola milk	25 orange organic quinoa puffs	26 organic super O's milk	27 banana roll-up banana whole wheat wrap inf: multigrain pita bun apple butter	28 apple inf: kiwi cocoa-beet loaf
lunch	volcano beef sandwich h: sweet & sour sauce w/organic tofu multigrain pita bun shredded cheddar green peas & carrots pear inf: apple-mango-beet purée	mediterranean chicken h: curried lentils quinoa veggie rainbow inf: sweet corn strawberry-apple sauce	chickpea chowder brown basmati rice coleslaw inf: cucumber apple inf: applesauce	coconut-lemon fish ragoût h: coconut-lemon bean ragoût couscous mixed greens balsamic dressing inf: green peas melon	pollo cacciatore h: bolognese w/organic tofu whole grain pasta steamed asparagus banana
pm snack	apple inf: applesauce trail mix inf: multigrain cracklebread	pineapple oatmeal cookie inf: banana-oatmeal mookie	raw carrots inf/tod: steamed carrots puffed rice square ranch dip w/organic tofu	tortilla crisps inf/tod: organic quinoa puffs southwest salsa inf/tod: orange	cucumber whole wheat pita hummus

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