



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

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globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

november 2021 menu

	monday	tuesday	wednesday	thursday	friday
am snack	1 apple pumpkin loaf milk 	2 granola inf: organic brown rice blossoms milk	3 apple whole wheat raisin bread organic blueberry fruit spread	4 organic brown rice blossoms milk	5 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	chick-a-noodle soup beany noodle soup whole wheat garlic baguette green peas orange	bolognese w/organic tofu whole grain pasta steamed carrots apple	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun bell pepper inf: apple-mango-beet purée sour cream banana	chicken & wild rice stew loco lima beans quinoa mini broccoli orange	beef & bean chili chili chili bang bang brown & red rice romaine lettuce apple cider vinaigrette inf: cauliflower-carrot- coconut purée apple
pm snack	baby carrots inf/tod: steamed carrots organic corn & quinoa cake beany basil dip	melon trail mix inf: organic quinoa crunchies	mini tomatoes inf/tod: orange multigrain & chia crisps inf/tod: puffed rice square avocado bean guacamole	apple apple-cinnamon snacking round	cucumber sundried tomato pasta salad
am snack	8 organic strawberry granola milk	9 applesauce cheddar or mozzarella cheese	10 pear inf: banana-pear purée granola pucks	11 diced melon organic quinoa crunchies	12 organic brown rice blossoms milk
lunch	tomato-spinach frijoles brown rice green peas & carrots sour cream pear inf: banana-pear purée	chicken fricassée texan kidney beans focaccia slice steamed carrots orange	beef bolognese lentil bolognese whole grain pasta veggie rainbow inf: mini broccoli banana	chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw angelino plum	mac'n cheese napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée banana
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple whole wheat pita cocoa chic'pea spread	cucumber puffed rice square dilly dip	tomato bruschetta whole wheat garlic baguette	apple whole wheat blueberry scone



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am snack	15 organic brown rice blossoms milk	16 orange müesli morning round	17 organic multigrain squares milk	18 apple mini whole wheat bagel maple soft cheese	19 fruit pizza whole wheat flatbread apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice sweet corn mango sauce	chickpea chowder wheat bun green peas & carrots angelino plum	chickpea crusted chicken meteorites chickpea patty real food ketchup tricolour pasta salad green beans inf: steamed green beans orange	egg salad sandwich egg salad whole wheat pita lettuce garnish garnish not for infants squash & coconut soup pear inf: banana-pear purée	beef & tomato pumpkin & beans quinoa romaine lettuce creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée orange
pm snack	apple zucchini muffin 	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-pear purée	apple tortilla crisps inf/tod: whole wheat pita tomato salsa	baby carrots inf/tod: steamed carrots cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée focaccia slice spinach-organic tofu dip
am snack	22 organic brown rice blossoms milk	23 apple cranberry-orange morning round	24 hard boiled egg focaccia slice	25 angelino plum organic quinoa crunchies	26 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas orange	mediterranean chicken navy beans w/spinach brown rice steamed carrots pear inf: apple-pear purée	bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream banana	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad apple	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée orange
pm snack	apple ginger cookie inf: zucchini muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	apple cheddar bites	mini tomatoes inf/tod: roasted sweet potato roasted red pepper loaf hummus	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana