

# april 2021 menu



mac'n cheese

## 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

	monday	tuesday	wednesday	thursday	friday
am snack	<b>5</b> organic brown rice blossoms milk	<b>6</b> applesauce organic quinoa crunchies	<b>7</b> organic multigrain squares milk	<b>8</b> pear inf: apple-pear purée cranberry-orange morning round	<b>9</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
lunch	<b>garbanzo bean tajine</b> quinoa green beans inf: steamed green beans  orange	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita sweet corn sour cream  pear inf: apple-pear purée	<b>chicken meteorites</b> <b>chickpea patty</b> tricolour pasta salad cucumber real food ketchup  banana	<b>tuna salad sandwich</b> <b>skipjack tuna salad</b> <b>spinach quiche</b> whole wheat bread lettuce garnish garnish not for infants carrot & squash soup  apple	<b>beef &amp; barley stew</b> <b>lentil &amp; mushroom stew</b> couscous tiny chopped salad maple samurai vinaigrette inf: cauliflower-carrot-coconut purée pear inf: apple-pear purée
pm snack	apple cinnamon-raisin snacking round	cheddar or mozzarella cheese puffed rice square	apple whole wheat pita hummus	baby carrots inf/tod: steamed carrots tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	cucumber cracked wheat crackers cream cheese
am snack	<b>12</b> organic super O's milk	<b>13</b> kiwi organic quinoa crunchies	<b>14</b> hard boiled egg croissant	<b>15</b> organic multigrain squares milk	<b>16</b> apple muesli morning round
lunch	<b>caldereida fish sweet &amp; sour sauce w/organic tofu</b> quinoa green beans inf: steamed green beans  pear inf: banana-pear purée	<b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar  apple	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun lettuce garnish garnish not for infants real food ketchup fruity carrot salad inf: blended fruity carrot salad  pear inf: banana-pear purée	<b>sri lankan chicken</b> <b>white bean curry</b> brown & red rice cucumber  blueberry sauce	<b>vegetarian pasta bake</b> napa cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée  banana
pm snack	applesauce apple-cinnamon snacking round	orange choco-chip cookie inf: cinnamon-raisin snacking round milk	baby carrots inf/tod: cucumber sundried tomato pasta salad	<b>banana roll up</b> whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar



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<b>am snack</b>	<b>19</b> applesauce organic quinoa crunchies	<b>20</b> granola inf: organic brown rice blossoms milk	<b>21</b> applesauce whole wheat mini bagel maple soft cheese	<b>22</b> organic super O's milk	<b>23</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt apple-banana blend banana
<b>lunch</b>	<b>groovy organic chicken meatballs</b> <b>marinara</b> <b>falafel bites</b> potato mash green peas	<b>bolognese w/organic tofu</b> whole grain pasta green beans inf: steamed green beans	<b>masala fish mushroom quiche</b> yellow rice bell pepper inf: apple-mango-beet purée	<b>chicken fricassée</b> <b>texan kidney beans</b> quinoa cucumber	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> whole wheat garlic baguette tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée  pear inf: banana-pear purée
<b>pm snack</b>	cheddar or mozzarella cheese puffed rice square	melon trail mix inf: organic quinoa crunchies	tomato salsa multigrain & chia crisps inf/tod: whole wheat pita	<b>veggie roll up</b> whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber red pepper hummus	baby carrots broccoli & cauliflower inf/tod: roasted sweet potato puffed rice square dilly dip
<b>am snack</b>	<b>26</b> organic super O's milk	<b>27</b> applesauce granola pucks	<b>28</b> apple whole wheat raisin focaccia organic blueberry fruit spread	<b>29</b> organic multigrain squares milk	<b>30</b> kiwi whole wheat blueberry scone
<b>lunch</b>	<b>new england fish chowdah</b> <b>red pepper quiche</b> wheat bun green beans inf: steamed green beans	<b>marinara beef meatballs</b> <b>marinara falafel bites</b> whole grain pasta steamed carrots	<b>chicken sandwich</b> <b>paprika chicken</b> <b>curried lentils</b> multigrain pita bun coleslaw inf: blended coleslaw	<b>sunshine dahl</b> brown rice veggie rainbow inf: mini broccoli cucumber raita	<b>mac'n cheese</b> romaine lettuce caesar dressing w/organic tofu inf: spinach-coconut purée
<b>pm snack</b>	apple	orange	banana	orange	banana
<b>pm snack</b>	<b>egg cracker stacker</b> cracked wheat crackers mayo w/organic tofu hard boiled egg	cheddar or mozzarella cheese puffed rice square	baby carrots inf/tod: steamed carrots organic vegetable crackers spinach-organic tofu dip	apple multigrain & chia crisps inf/tod: whole wheat pita	tomato bruschetta whole wheat garlic baguette