

february 2019 menu



chili chili bang bang

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

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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	4 organic multigrain squares milk	5 hard boiled egg date-chia morning round	6 melon granola pucks	7 clementine croissant	8 organic super O's milk
lunch	new england fish chowdah h: bean cassoulet whole wheat roll green peas clementine	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots pear inf: apple-pear purée	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw banana	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita blueberry sauce	mac chick 'n cheese h: vegan cheese sauce w/rice pasta romaine lettuce maple samurai vinaigrette inf: cauliflower-carrot-coconut purée diced melon
pm snack	cheddar bites cracked wheat crackers	apple flax & whole wheat pita cocoa chic'pea spread	slider sandwiches multigrain slider cucumber dill soft cheese	tomato bruschetta whole wheat garlic baguette	banana roll up whole wheat wrap inf: flax & whole wheat pita banana no-nut butter
am snack	11 cheddar bites flax & whole wheat pita	12 granola inf: organic brown rice puffs milk	13 orange brioche bite	14 applesauce müesli morning round	15 organic multigrain squares milk
lunch	mexican beef burrito filling h: bean burrito filling whole wheat wrap inf: multigrain slider sweet corn sour cream orange	chickpea chowder quinoa cucumber apple	chickpea crusted chicken meteorites h: chickpea patty tricolour pasta salad peas & carrots real food ketchup banana	provençal fish filet h: red pepper quiche brown rice napa cabbage & spinach salad apple cider vinaigrette inf: spinach-coconut purée clementine	beef & barley stew h: lentil & mushroom stew whole wheat garlic baguette mini broccoli banana
pm snack	apple cocoa-beet loaf milk	pear inf: apple-mango-beet purée organic quinoa crunchies	tomato salsa tortilla crisps inf/tod: flax & whole wheat pita	melon mini cocoa cookies inf: brioche bite milk	baby carrots & mini tomatoes inf/tod: steamed carrots cracked wheat crackers hummus

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.

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AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	18	19 applesauce organic quinoa crunchies	20 organic super O's milk	21 orange wheat bun cream cheese	22 organic multigrain squares milk
lunch	Family Day!	chili chili bang bang brown rice sweet corn orange	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup pear inf: apple-pear purée	masala fish h: mushroom quiche couscous green beans inf: steamed green beans pineapple	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée banana
pm snack		cheddar cheese puffed rice square	apple mini organic lemon cookies inf: brioche bite milk	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	25 orange banana muffin	26 granola inf: organic brown rice puffs milk	27 whole wheat mini bagel organic blueberry fruit spread milk	28 organic super O's milk	1 super smoothie banana orange-vanilla 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 tiny chopped 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	tomato salsa tortilla crisps inf/tod: flax & whole wheat pita	baby carrots inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

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