



great big crunch

## 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



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
<b>am snack</b>	<b>4</b> apple blueberry-citrus loaf milk	<b>5</b> organic multigrain squares milk	<b>6</b> orange croissant	<b>7</b> pear inf: apple-pear purée date & chia morning round	<b>8</b> organic super O's milk
<b>lunch</b>	<b>new england fish chowdah</b> <b>h: bean cassoulet</b> whole wheat garlic baguette green peas	<b>marinara beef meatballs</b> <b>h: marinara falafel bites</b> whole grain pasta snow peas & carrots inf: steamed carrots	<b>paprika chicken h: curried lentils</b> quinoa coleslaw inf: blended coleslaw	<b>tomato-spinach frijoles</b> brown rice veggie rainbow inf: mini broccoli shredded cheddar	<b>mac chick 'n cheese h: vegan cheese sauce w/rice pasta</b> tiny chopped salad ranch dressing w/ organic tofu inf: sweet potato-carrot purée
	orange	pear inf: apple-pear purée	banana	apple	diced melon
<b>pm snack</b>	hard boiled egg cracked wheat crackers mayo w/organic tofu	cheddar bites apple	<b>rice cracker stackers</b> rice crackers inf: puffed rice square cucumber cream cheese	tomato bruschetta flax & whole wheat pita	<b>banana roll up</b> whole wheat wrap inf: multigrain slider banana cocoa chic'pea spread
<b>am snack</b>	<b>11</b> cheddar cheese flax & whole wheat pita	<b>12</b> organic strawberry granola milk	<b>13</b> orange brioche bite	<b>14</b> applesauce müesli morning round	<b>15</b> organic multigrain squares milk
<b>lunch</b>	<b>mexican beef burrito filling</b> <b>h: bean burrito filling</b> whole wheat wrap inf: multigrain slider sweet corn sour cream	<b>chili w/organic turkey h: chickpea chowder</b> quinoa cucumber	<b>chicken meteorites h: chickpea patty</b> tricolour pasta salad steamed carrots real food ketchup	<b>carrot &amp; flax fish h: spinach quiche</b> brown rice napa cabbage & spinach salad balsamic dressing inf: spinach-coconut purée	<b>beef &amp; barley stew h: lentil &amp; mushroom stew</b> whole wheat garlic baguette mini broccoli
	orange	apple	banana	pineapple	banana
<b>pm snack</b>	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

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

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



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<b>am snack</b>	<b>18</b> apple organic quinoa crunchies	<b>19</b> organic super O's milk	<b>20</b> orange whole wheat raisin focaccia maple soft cheese	<b>21</b> organic multigrain squares milk	<b>22</b> hard boiled egg melon
<b>lunch</b>	<b>sri lankan chicken h: white bean curry</b> brown rice peas & carrots  pear inf: banana-pear purée	<b>bean burrito filling</b> whole wheat wrap inf: multigrain slider mini broccoli shredded cheddar  strawberry sauce	<b>beef burger h: chickpea patty</b> multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup  diced melon	<b>caldereida fish h: sweet &amp; sour sauce w/organic tofu</b> quinoa sweet corn  banana	<b>vegetarian pasta bake</b> romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée  apple
<b>pm snack</b>	cheddar bites cracked wheat crackers	apple ginger cookie inf: brioche bite milk	cucumber basil pesto pasta salad	baby carrots broccoli & cauliflower inf/tod: steamed carrots organic crispbread dilly dip	<b>mini pizza</b> flax & whole wheat pita marinara sauce shredded cheddar
<b>am snack</b>	<b>25</b> orange granola pucks	<b>26</b> granola inf: organic brown rice blossoms milk	<b>27</b> whole wheat mini bagel organic raspberry fruit spread milk	<b>28</b> organic super O's milk	<b>29</b> banana apple-cinnamon snacking round
<b>lunch</b>	<b>groovy organic chicken meatballs h: marinara falafel bites</b> half flax & whole wheat pita potato mash green peas pear inf: pear-banana purée	<b>lentil bolognese</b> whole grain pasta steamed carrots  apple	<b>masala fish h: mushroom quiche</b> yellow rice bell peppers inf: spinach-coconut purée  banana	<b>chicken fricassée h: texan kidney beans</b> quinoa green beans inf: steamed green beans  apple	<b>beef &amp; bean chili h: chili chili bang bang</b> red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée  orange
<b>pm snack</b>	applesauce cranberry-orange snacking round	orange trail mix inf: organic quinoa crunchies	cucumber cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	baby carrots & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

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