real food for real kids™

enabling & inspiring healthy eating™

may 2019 menu

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 accomodate religious needs

focus on fruits, vegetables & products grown & produced locally & sustainably

dairy products & organic tofu

globally inspired dishes

GMO we advocate for mandatory labelling of GMOs

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	**6** cheddar cheese flax & whole wheat pita	**7** organic strawberry granola milk	**8** orange brioche bite	**9** applesauce müesli morning round	**10** organic multigrain squares milk
lunch	**mexican beef burrito filling** **h: bean burrito filling** whole wheat wrap inf: multigrain slider sweet corn sour cream orange	**chili w/organic turkey** **h: chickpea chowder** quinoa cucumber apple	**chicken meteorites** **h: chickpea patty** tricolour pasta salad steamed carrots real food ketchup banana	**caldereida fish** **h: sweet & sour sauce w/organic tofu** brown rice green peas pineapple	**beef & barley stew** **h: lentil & mushroom stew** flax & whole wheat pita mini broccoli banana
pm snack	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
am snack	**13** apple organic quinoa crunchies	**14** organic super O's milk	**15** orange whole wheat raisin focaccia maple soft cheese	**16** organic multigrain squares milk	**17** hard boiled egg melon
lunch	**sri lankan chicken** **h: white bean curry** brown rice peas & carrots pear inf: banana-pear purée	**bean burrito filling** whole wheat wrap inf: multigrain slider mini broccoli shredded cheddar strawberry sauce	**beef burger** **h: chickpea patty** mulitgrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup diced melon	**jerk chicken** **h: texan kidney beans** quinoa green beans inf: steamed green beans banana	**vegetarian pasta bake** romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple
pm snack	cheddar bites cracked wheat crackers	apple oatmeal cookie inf: brioche bite milk	cucumber basil pesto pasta salad	baby carrots broccoli & cauliflower inf/tod: steamed carrots organic crispbread dilly dip	**mini pizza** flax & whole wheat pita marinara sauce shredded cheddar

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

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

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	monday	tuesday	wednesday	thursday	friday
am snack	20	21 applesauce organic quinoa crunchies	22 organic super O's milk	23 whole wheat mini bagel organic raspberry fruit spread milk	24 organic multigrain squares milk
lunch	Victoria Day & World Bee Day	**lentil bolognese** whole grain pasta green peas orange	**masala fish** **h: mushroom quiche** yellow rice steamed carrots pear inf: apple-pear purée	**chicken fricassée** **h: texan kidney beans** quinoa green beans inf: steamed green beans banana	**beef & bean chili** **h: chili chili bang bang** red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack		cheddar cheese puffed rice square	apple cracked wheat crackers cocoa chic'pea spread	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	baby carrots inf/tod: roasted sweet potato organic crispbread spinach-organic tofu dip
am snack	27 apple blueberry-lemon loaf milk	28 organic multigrain squares milk	29 orange croissant	30 pear inf: apple-pear purée date & chia morning round	31 organic super O's milk
lunch	**new england fish chowdah** **h: bean cassoulet** whole wheat garlic baguette green peas orange	**marinara beef meatballs** **h: marinara falafel bites** whole grain pasta snow peas & carrots inf: steamed carrots pear inf: apple-pear purée	**paprika chicken** **h: curried lentils** quinoa coleslaw inf: blended coleslaw banana	**tomato-spinach frijoles** brown rice veggie rainbow inf: mini broccoli shredded cheddar apple	**mac chick 'n cheese** **h: vegan cheese sauce w/rice pasta** tiny chopped salad ranch dressing w/ organic tofu inf: sweet potato-carrot purée orange
pm snack	hard boiled egg cracked wheat crackers mayo w/organic tofu	cheddar bites apple	**rice cracker stackers** rice crackers inf: puffed rice square cucumber cream cheese	tomato bruschetta flax & whole wheat pita	**banana roll up** whole wheat wrap inf: multigrain slider banana cocoa chic'pea spread

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