

september 2022 menu



trinidadian curry beef

your fave dish could be here! more details to come!

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*

*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	5	6	7	8	9
lunch	Labour Day	lentil bolognese whole grain pasta green peas & carrots	fish taco carrot & flax fish spinach quiche whole wheat wrap inf: multigrain rocket bun red cabbage & spinach salad sour cream inf: cauliflower-carrot-coconut purée	chicken & wild rice stew loco lima beans millet new! bell pepper inf: apple-mango-beet purée	super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
pm snack		apple cheddar or mozzarella cheese cracked wheat crackers	banana applesauce cinnamon-raisin snacking round	orange apple pumpkin loaf	apple cucumber tortilla crisps inf/tod: puffed rice square beany basil dip
am snack	12	13	14	15	16
lunch	organic multigrain squares milk	cheddar or mozzarella cheese brioche bite	applesauce granola pucks	pear inf: apple-banana purée organic quinoa crunchies	organic crispy O's inf: organic whole wheat flakes milk
pm snack	sunshine dahl brown rice green peas & carrots	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	chicken sandwich paprika chicken curried lentils whole wheat pita coleslaw inf: blended coleslaw	mac'n cheese napa cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	pear inf: apple-banana purée	banana	apple	apple	orange
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple puffed rice square cocoa chic'pea spread	baby carrots inf/tod: cucumber onion bread hummus	tomato bruschetta whole wheat garlic baguette	banana brioche bite

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am snack	19 organic blossoms milk	20 melon cranberry-orange morning round	21 organic multigrain squares milk	22 apple whole wheat pita maple soft cheese	23 fruit pizza whole wheat flatbread apple butter banana
lunch	sri lankan chicken white bean curry quinoa green peas & carrots strawberry sauce	chickpea chowder whole wheat roll baby spinach new! beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée apple	chicken meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad ranch dressing w/organic tofu inf: sweet potato-carrot purée banana	egg salad sandwich egg salad whole wheat bread lettuce garnish (garnish not for infants) squash & coconut soup pear inf: apple-banana purée	trinidadian curry beef new! trinidadian curry tofu brown & red rice mini broccoli orange
pm snack	apple banana muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-banana purée	orange tortilla crisps inf/tod: organic crispbread crackers tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée focaccia slice spinach-organic tofu dip
am snack	26 organic crispy O's inf: organic whole wheat flakes milk	27 apple müesli morning round	28 hard boiled egg brioche bite	29 banana organic quinoa crunchies	30 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas pear inf: cauliflower-carrot-coconut purée	provençal fish filet red pepper quiche quinoa steamed carrots banana	burrito bowl bean burrito filling brown rice sweet corn sour cream apple	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 brocco-kale mix ranch dressing w/organic tofu inf: sweet potato-carrot purée orange
pm snack	apple whole wheat blueberry scone	mini pizza whole wheat focaccia marinara sauce shredded cheddar	baby carrots inf/tod: steamed carrots puffed rice square cream cheese	cucumber folded basil loaf dilly dip	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana