

# january 2019 menu



beef & barley stew

## 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>7</b> applesauce organic quinoa crunchies	<b>8</b> hard boiled egg date-chia morning round	<b>9</b> melon granola pucks	<b>10</b> clementine croissant	<b>11</b> organic super O's milk
<b>lunch</b>	<b>new england fish chowdah</b> <b>h: bean cassoulet</b> whole wheat roll green peas	<b>marinara beef meatballs</b> <b>h: marinara falafel bites</b> whole grain pasta steamed carrots	<b>jerk chicken</b> <b>h: texan kidney beans</b> red & white quinoa coleslaw inf: blended coleslaw	<b>sunshine dahl</b> basmati rice veggie rainbow inf: mini broccoli cucumber raita	<b>mac chick 'n cheese</b> <b>h: vegan cheese sauce w/rice pasta</b> cucumber
	orange	pear inf: apple-pear purée	banana	blueberry sauce	diced melon
<b>pm snack</b>	puffed rice square cheddar cheese	apple flax & whole wheat pita cocoa chic'pea spread	<b>slider sandwiches</b> multigrain slider cucumber dill soft cheese	tomato bruschetta whole wheat garlic baguette	<b>banana roll up</b> whole wheat wrap inf: flax & whole wheat pita banana no-nut butter
<b>am snack</b>	<b>14</b> flax & whole wheat pita cheddar bites	<b>15</b> granola inf: organic brown rice puffs milk	<b>16</b> orange brioche bite	<b>17</b> applesauce müesli morning round	<b>18</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>chickpea chowder</b> quinoa cucumber	<b>chicken meteorites</b> <b>h: chickpea patty</b> tricolour pasta salad peas & carrots real food ketchup	<b>provençal fish filet</b> <b>h: red pepper quiche</b> brown rice napa cabbage & spinach salad apple cider vinaigrette inf: spinach-coconut purée	<b>beef &amp; barley stew</b> <b>h: lentil &amp; mushroom stew</b> whole wheat garlic baguette mini broccoli
	orange	apple	banana	diced melon	banana
<b>pm snack</b>	apple cocoa-beet loaf milk	pear inf: apple-mango-beet purée organic quinoa crunchies	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	cucumber croissant	baby carrots & mini tomatoes 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>21</b> apple organic quinoa crunchies	<b>22</b> organic super O's milk	<b>23</b> melon apple-cinnamon morning round	<b>24</b> orange wheat bun cream cheese	<b>25</b> organic multigrain squares milk
<b>lunch</b>	<b>mediterranean chicken</b> <b>h: navy beans w/ spinach</b> quinoa green peas & carrots  pear inf: pear-banana purée	<b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun sweet corn shredded cheddar  strawberry sauce	<b>beef burger</b> <b>h: chickpea patty</b> multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup  banana	<b>masala fish</b> <b>h: mushroom quiche</b> brown rice mini broccoli  pineapple	<b>vegetarian pasta bake</b> cucumber  apple
<b>pm snack</b>	organic crispbread cheddar bites	apple mini organic lemon cookies inf: brioche bite milk	basil pesto pasta salad bell peppers inf: cucumber	baby carrots & mini tomatoes inf/tod: steamed carrots cracked wheat crackers beany basil dip	<b>mini pizza</b> flax & whole wheat pita marinara sauce shredded cheddar
<b>am snack</b>	<b>28</b> orange zucchini muffin	<b>29</b> granola inf: organic brown rice puffs milk	<b>30</b> whole wheat mini bagel organic raspberry fruit spread milk	<b>31</b> organic super O's milk	<b>1</b> <b>super smoothie</b> banana apple-banana blend plain yogurt
<b>lunch</b>	<b>chick-a-noodle soup</b> <b>h: beany noodle soup</b> focaccia slice green beans inf: steamed green beans  pear inf: pear-banana purée	<b>beef bolognese</b> <b>h: lentil bolognese</b> whole grain pasta bell peppers inf: spinach-coconut purée  apple	<b>black beans in salsa</b> whole wheat wrap inf: multigrain slider sweet corn shredded cheddar  banana	<b>chicken &amp; wild rice stew</b> <b>h: loco lima beans</b> quinoa cucumber  orange	<b>chili w/organic turkey</b> <b>h: chili chili bang bang</b> red & brown rice napa cabbage & spinach salad balsamic dressing inf: cauliflower-carrot-coconut purée  apple
<b>pm snack</b>	applesauce cinnamon-raisin snacking round	clementine trail mix inf: plain yogurt	cucumber celery & cauliflower inf/tod: cucumber organic vegetable crackers red pepper hummus	tortilla crisps inf/tod: flax & whole wheat pita avocado-organic tofu dip	baby carrots inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

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