



sri lankan chicken

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 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 | 3 organic brown rice blossoms milk | 4 apple cheddar or mozzarella cheese | 5 organic multigrain squares milk | 6 orange cranberry-orange morning round | 7 fruit pizza whole wheat flatbread apple butter banana |
| lunch | garbanzo bean tajine quinoa green beans inf: steamed green beans pear inf: banana-pear purée | mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream orange | chickpea crusted chicken meteorites chickpea patty tricolour pasta salad cucumber real food ketchup banana | tuna salad sandwich skipjack tuna salad spinach quiche whole wheat bread lettuce garnish garnish not for infants minestrone soup apple | tomato-spinach frijoles brown rice tiny chopped salad maple samurai vinaigrette inf: cauliflower-carrot-coconut purée orange |
| pm snack | apple zucchini muffin | kiwi apple-cinnamon snacking round | apple whole wheat mini bagel hummus | baby carrots inf/tod: steamed carrots tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole | cucumber cracked wheat crackers beany basil dip |
| am snack | 10 organic super O's milk | 11 kiwi organic quinoa crunchies | 12 hard boiled egg croissant | 13 organic multigrain squares milk | 14 apple muesli morning round |
| lunch | caldereida fish sweet & sour sauce w/organic tofu quinoa green beans inf: steamed green beans pear inf: banana-pear purée | bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn shredded cheddar apple | beef burger chickpea patty multigrain pita bun lettuce garnish garnish not for infants real food ketchup fruity carrot salad inf: blended fruity carrot salad pear inf: banana-pear purée | sri lankan chicken white bean curry brown & red rice cucumber mango sauce | vegetarian pasta bake napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée orange |
| pm snack | applesauce cinnamon-raisin snacking round | orange oatmeal cookie inf: zucchini muffin milk | baby carrots inf/tod: cucumber sundried tomato pasta salad | banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana | mini pizza whole wheat focaccia marinara sauce shredded cheddar |

= herbivore protein inf/tod = infant/toddler substitute

may 2021 menu



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|----------|---|---|---|---|--|
| am snack | 17 apple blueberry-lemon loaf milk | 18 granola inf: organic brown rice blossoms milk | 19 applesauce whole wheat mini bagel maple soft cheese | 20 organic super O's milk | 21 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana |
| lunch | groovy organic chicken meatballs marinara falafel bites potato mash green peas | bolognese w/organic tofu whole grain pasta green beans inf: steamed green beans | masala fish mushroom quiche yellow rice bell pepper inf: apple-mango-beet purée | chicken fricassée texan kidney beans quinoa cucumber | beef & bean chili chili bang bang whole wheat garlic baguette tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée pear inf: banana-pear purée |
| pm snack | orange cheddar or mozzarella cheese cracked wheat crackers | apple melon trail mix inf: organic quinoa crunchies | orange multigrain & chia crisps inf/tod: whole wheat pita avocado bean guacamole | apple veggie roll up whole wheat wrap inf: organic crispbread lettuce garnish garnish not for infants carrot matchsticks inf: cucumber red pepper hummus | baby carrots mini tomatoes inf/tod: roasted sweet potato puffed rice square dilly dip |
| am snack | 24 | 25 organic super O's milk | 26 applesauce apple-cinnamon morning round | 27 organic multigrain squares milk | 28 apple whole wheat raisin focaccia organic blueberry fruit spread |
| lunch | Victoria Day | chickpea chowder quinoa green peas & carrots | chicken sandwich paprika chicken curried lentils multigrain pita bun coleslaw inf: blended coleslaw | sunshine dahl brown rice cucumber cucumber raita | mac'n cheese romaine lettuce ranch dressing w/organic tofu inf: spinach-coconut purée |
| pm snack | | apple cheddar or mozzarella cheese cracked wheat crackers | apple pear inf: banana-pear purée | banana apple croissant | orange tomato bruschetta whole wheat garlic baguette |