





salmon casserole

## the real food promise



we cook fresh from scratch every day!  
(what we don't make ourselves, we source from trusted suppliers who share our values)



globally inspired dishes



whole grain products used throughout the menu



we advocate for the mandatory labeling of GMOs



focus on fruits, vegetables & products grown & produced locally

### from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics
- organic turkey
- wild caught, Ocean Wise salmon & tuna



dairy products & organic tofu



no artificial: colours, flavours or sweeteners  
no added nitrates or nitrites

peanut & tree nut free

# january 2017 menu

	monday	tuesday	wednesday	thursday	friday
<b>lunch</b>	<b>16</b> <b>salmon casserole</b> <b>h: pesto rice pasta w/organic tofu</b>  veggie rainbow inf: cucumber  orange	<b>17</b> <b>beef &amp; barley stew</b> <b>h: slow cooked beans</b> focaccia slice mixed greens lemon vinaigrette inf: green peas  pear inf: apple-pear purée	<b>18</b> <b>sunshine dahl</b> brown rice cucumber raita  snow peas & carrots  pineapple	<b>19</b> <b>chicken meteorites</b> <b>h: chickpea patty</b> tricolour pasta salad real food ketchup  mini broccoli  apple inf: apple-pear purée	<b>20</b> <b>chickpea chowder</b> brown basmati rice & red quinoa  cucumber & tomato salad  melon
<b>pm snack</b>	organic quinoa puffs plain yogurt & flavoured organic yogurt milk	stone wheat crackers cheddar bites milk	<b>*cracker stackers*</b> cucumber rice crackers inf: puffed rice square red pepper hummus	raw carrots inf/tod: steamed carrots organic crispbread spinach-organic tofu dip	orange oatmeal cookie inf: banana-oatmeal mookie milk
<b>lunch</b>	<b>23</b> <b>beef &amp; bean chili</b> <b>h: chili chili bang bang</b> quinoa  sweet corn  apple inf: pear-banana purée	<b>24</b> <b>jerk chicken</b> <b>h: chickpea patty</b> yellow rice  coleslaw inf: green peas & carrots  strawberry-apple blend	<b>25</b> <b>vegetarian pasta bake</b>  caesar salad inf: zucchini-white bean purée  apple inf: kiwi	<b>26</b> <b>caldereida fish</b> <b>h: white bean curry</b> whole wheat roll  green peas  banana	<b>27</b> Chinese New Year <b>gong bao chicken</b> <b>h: organic tofu w/groovy gravy</b> brown & red rice  snow peas & carrots  clementine
<b>pm snack</b>	applesauce organic quinoa puffs	pear inf: apple-mango-beet purée granola pucks milk	<b>*tea time sandwiches*</b> cucumber wheat bun plain soft cheese	raw carrots inf/tod: steamed carrots organic crispbread spinach hummus	tortilla crisps inf/tod: organic quinoa puffs tomato salsa inf/tod: applesauce

h = herbivore protein inf/tod = infant/toddler substitute \*snacktivity\* = fun fooducation

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