



egg scramble wrap

the real food promise



fresh from scratch everyday, including baked goods, dips, dressings & condiments!



whole grain products used throughout the menu.



globally inspired dishes.

sustainably grown & sourced from Ontario farms & Canadian coastlines:



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



dairy products & organic tofu.



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

we avoid:



artificial colours, flavours & preservatives.



GMOs (genetically modified organisms).



excess sugar & salt.

nut free kitchen shellfish & sesame-safe kitchen

february 2016 menu

	monday	tuesday	wednesday	thursday	friday
am snack	1 organic whole grain cereal milk	2 kiwi cheddar cheese bites milk	3 blueberry bagel cinnamon-raisin butter milk	4 cranberry-raisin granola inf: granola milk	5 pear inf: kiwi croissant
lunch	chicken meteorites h: coconut-tomato curry w/organic tofu quinoa rfrk ketchup veggie rainbow apple inf: pear-banana purée	pollo cacciatore h: bolognese w/organic tofu whole wheat pasta zucchini red pepper & corn clementine	ratatouille w/organic tofu yellow rice steamed carrots melon	lemongrass fish h: red pepper quiche couscous cucumber salad pineapple	beef & bean chili h: chili chili bang bang brown rice green beans inf: mini broccoli orange
pm snack	pear inf: apple-blueberry purée apple-cinnamon mini pita	bran muffin plain yogurt & flavoured organic yogurt milk	organic crispbread tomato bruschetta	banana whole wheat wrap inf: whole wheat bread no-nut butter	raw carrots inf/tod: steamed carrots stone wheat crackers dilly dip
am snack	8 organic whole grain cereal milk	9 organic quinoa puffs plain yogurt & flavoured organic yogurt milk	10 banana trail mix inf: puffed rice square	11 cranberry-raisin granola inf: granola milk	12 raisin bread maple soft cheese milk
lunch	mac chick n' cheese h: pesto rice pasta w/organic tofu pasta mini broccoli pear inf: apple-mango-beet purée	white bean curry basmati rice cucumber orange	fish bolognese h: bean bolognese whole wheat pasta raw mini peppers inf: apple-pear purée apple inf: banana-pear purée	egg scramble wrap whole wheat wrap inf: multigrain pita bun shredded cheese tomato salsa snow peas & carrots melon	sri lankan chicken h: spinach quiche quinoa veggie rainbow banana
pm snack	apple inf: apple-pear purée müesli mini pita	tortilla crisps inf/tod: rice crackle avocado-organic tofu dip milk	applesauce carrot muffin milk	raw carrots inf/tod: steamed carrots stone wheat crackers spinach-organic tofu dip	apple inf: apple-blueberry purée cocoa heart cookies inf: banana-oatmeal mookie milk

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

water or milk offered with all lunches & snacks



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	monday	tuesday	wednesday	thursday	friday
am snack	15	16	17	18	19
lunch	Happy Family Day!	organic whole grain cereal milk	puffed rice square plain soft cheese milk	melon cheddar cheese bites milk	cranberry-raisin granola inf: granola milk
pm snack		chicken meteorites h: coconut-tomato curry w/organic tofu brown rice RFRK ketchup mini broccoli apple inf: kiwi	new england chowdah h: slow cooked beans quinoa green peas banana	beef fagioli h: lentil bolognese whole wheat pasta romaine lettuce & shredded carrot salad caesar dressing w/organic tofu inf: mini broccoli pear inf: banana-pear purée	pumpkin & bean burrito multigrain pita bun shredded cheddar veggie rainbow orange
am snack	22	23	24	25	26
lunch	organic whole grain cereal milk	apple inf: apple-mango-beet purée banana muffin	pear inf: kiwi organic quinoa puffs	cranberry-raisin granola inf: granola milk	applesauce date-chia pita round milk
pm snack	marinara beef meatballs h: mushroom quiche brown rice peas & carrots kiwi	tuna casserole h: pesto rice pasta w/organic tofu pasta mini broccoli clementine	jerk chicken sandwich h: rice burger multigrain pita bun dijonnaise w/organic tofu spinach & napa cabbage salad balsamic vinaigrette inf: corn melon	garbanzo bean tajine couscous steamed carrots apple inf: apple-blueberry purée	chili w/organic turkey h: chili chili bang bang cornbread roasted root veggies banana
am snack	22	23	24	25	26
lunch	organic whole grain cereal milk	apple inf: apple-mango-beet purée banana muffin	pear inf: kiwi organic quinoa puffs	cranberry-raisin granola inf: granola milk	applesauce date-chia pita round milk
pm snack	tortilla crisps inf/tod: stone wheat crackers southwest salsa milk	trail mix inf: rice crackle plain yogurt & flavoured organic yogurt milk	zucchini & carrots inf/tod: cucumber puffed rice square hummus	banana blueberry-citrus loaf	celery sticks inf/tod: rice crackle raisins inf: orange plain soft cheese

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