



salmon casserole

## 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

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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



# child care sample menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>1</b> banana raisin bread apple butter	<b>2</b> organic quinoa puffs applesauce	<b>3</b> organic multigrain squares milk	<b>4</b> coconut-date granola inf: granola milk	<b>5</b> apple inf: applesauce cocoa-beet loaf milk
<b>lunch</b>	<b>sunshine dahl</b> brown rice cucumber raita  snow peas & carrots  pineapple	<b>marinara beef meatballs</b> <b>h: lentil bolognese</b> whole wheat pasta kale-banzo veggies inf: green peas  pear inf: apple-pear purée	<b>jerk chicken</b> <b>h: spinach &amp; beans</b> rye bread  beet & carrot salad inf: beet & carrot salad purée  orange	<b>masala fish</b> <b>h: curried lentils</b> white basmati rice  green peas  banana	<b>chicken fricassée</b> <b>h: tangy organic tofu bites</b> quinoa baby spinach & root veggies salad balsamic dressing inf: green peas & carrots pear inf: apple-pear purée
<b>pm snack</b>	<b>cracker stackers</b> cucumber rice crackers inf: puffed rice square red pepper hummus	puffed rice square cheddar cheese	apple inf: kiwi plain yogurt & flavoured organic yogurt milk	raw carrots inf/tod: steamed carrots multigrain mini pita red pepper hummus	cucumber salad whole wheat focaccia
<b>am snack</b>	<b>8</b> organic quinoa puffs applesauce	<b>9</b> pear inf: kiwi müesli mini pita	<b>10</b> whole wheat mini bagel maple soft cheese milk	<b>11</b> organic whole wheat flakes milk	<b>12</b> banana organic quinoa puffs
<b>lunch</b>	<b>mac chick 'n cheese</b> <b>h: pesto rice pasta w/organic tofu</b>  mini broccoli  orange	<b>coconut-lemon fish ragoût</b> <b>h: coconut-lemon bean ragoût</b> brown basmati rice  steamed carrots  melon	<b>lemon-herb chicken</b> <b>h: chickpea patty</b> whole wheat roll  sweet potato mash  banana	<b>ratatouille w/organic tofu</b> couscous  carrot salad inf: green peas  orange	<b>mexican beef burrito</b> <b>h: mexican bean burrito</b> whole wheat wrap inf: multigrain pita bun shredded cheddar sweet corn  pear inf: apple-pear purée
<b>pm snack</b>	puffed rice square cheddar cheese	apple inf: apple-pear purée blueberry-citrus loaf milk	tortilla crisps inf/tod: organic quinoa puffs southwest salsa inf/tod: applesauce	cucumber & mini tomatoes inf/tod: steamed carrots organic corn & quinoa cake ranch dip w/organic tofu	raw snap peas & carrots inf/tod: cucumber pasta salad

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

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