



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

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



lunch club sample menu

	monday	tuesday	wednesday	thursday	friday
lunch	1 beef & bean chili h: lentil stew quinoa green peas & carrots	2 paprika chicken h: red pepper quiche whole wheat pita tiny chopped salad balsamic dressing	3 chickpea chowder couscous veggie rainbow	4 fish bolognese h: bolognese w/organic tofu whole grain pasta baby carrots	5 sri lankan chicken h: white bean curry brown rice mini cucumber
lunch	8 jerk chicken h: curried lentils red rice veggie rainbow	9 black bean & organic tofu quinoa sweet corn	10 madagascar chicken sandwich h: organic tofu salad sandwich multigrain pita bun lettuce garnish mayo w/organic tofu celery sticks	11 chickpea crusted chicken meteorites h: falafel bites whole wheat wrap romaine lettuce caesar dressing w/organic tofu	12 beef fagioli h: lentil bolognese whole grain pasta baby carrots
lunch	15 paprika chicken h: red pepper quiche brown rice green peas & carrots	16 vegetarian pasta bake samurai carrot salad	17 beef burger h: chickpea patty multigrain pita bun real food ketchup mini broccoli	18 mexican bean burrito whole wheat wrap sour cream mini cucumber	19 carrot & flax fish h: sunshine dahl basmati rice tiny chopped salad balsamic dressing
lunch	22 salmon casserole h: lasagna sauce w/rice pasta green peas	23 marinara beef meatballs h: lentil bolognese multigrain rocket bun romaine lettuce caesar dressing w/organic tofu	24 tang ku chicken h: sweet & sour sauce w/organic tofu quinoa baby carrots	25 chickpea crusted chicken meteorites h: falafel bites whole wheat pita real food ketchup mini cucumber	26 tomato-spinach frijoles yellow rice shredded cheddar sweet corn

h = herbivore protein

Menus may change without notice based on availability of ingredients.