



jerk 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
<b>lunch</b>	<b>1</b> <b>bean cassoulet</b> whole wheat garlic baguette green peas	<b>2</b> <b>marinara beef meatballs</b> <b>v: marinara falafel bites</b> whole grain pasta snow peas & carrots  organic strawberry granola bar	<b>3</b> <b>paprika chicken</b> <b>v: curried lentils</b> quinoa coleslaw	<b>4</b> <b>tomato-spinach frijoles</b> brown rice veggie rainbow shredded cheddar	<b>5</b> <b>mac chick 'n cheese</b> <b>v: vegan cheese sauce w/rice pasta</b> tiny chopped salad ranch dressing w/ organic tofu
<b>lunch</b>	<b>8</b> <b>mexican beef burrito filling</b> <b>v: bean burrito filling</b> whole wheat wrap sweet corn sour cream	<b>9</b> <b>chili w/organic turkey</b> <b>v: chickpea chowder</b> quinoa baby carrots  mini organic lemon cookies	<b>10</b> <b>chickpea crusted chicken meteorites</b> <b>v: chickpea patty</b> tricolour pasta salad grape tomatoes real food ketchup	<b>11</b> <b>jerk chicken</b> <b>v: slow cooked beans</b> multigrain pita bun mini cucumber	<b>12</b> <b>beef &amp; barley stew</b> <b>v: lentil &amp; mushroom stew</b> brown rice mini broccoli
<b>lunch</b>	<b>15</b> <b>sri lankan chicken</b> <b>v: white bean curry</b> brown rice peas & carrots	<b>16</b> <b>bean burrito filling</b> whole wheat wrap mini broccoli shredded cheddar  diced melon	<b>17</b> <b>beef burger</b> <b>v: chickpea patty</b> multigrain pita bun samurai carrot salad grape tomatoes real food ketchup	<b>18</b> <b>marinara beef meatballs</b> <b>v: slow cooked beans</b> quinoa sweet corn	<b>19</b>  <b>Good Friday</b>
<b>lunch</b>	<b>22</b>  <b>Easter Monday</b>	<b>23</b> <b>mac chick 'n cheese</b> <b>v: tomato-lentil sauce w/rice pasta</b> baby carrots  organic apple-cinnamon granola bar	<b>24</b> <b>masala fish</b> <b>v: mushroom quiche</b> yellow rice grape tomatoes	<b>25</b> <b>chicken fricassée</b> <b>v: texan kidney beans</b> quinoa green beans	<b>26</b>

v = vegetarian protein  
x = non-service day

Menus may change without notice based on availability of ingredients.

## CGS



jerk chicken

	monday	tuesday	wednesday	thursday	friday
	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>lunch</b>	<b>bean cassoulet</b> whole wheat garlic baguette green peas	<b>marinara beef meatballs</b> <b>v: marinara falafel bites</b> whole grain pasta snow peas & carrots organic strawberry granola bar	<b>paprika chicken</b> <b>v: curried lentils</b> quinoa coleslaw	<b>tomato-spinach frijoles</b> brown rice veggie rainbow shredded cheddar	<b>mac chick 'n cheese</b> <b>v: vegan cheese sauce w/rice pasta</b> tiny chopped salad ranch dressing w/ organic tofu

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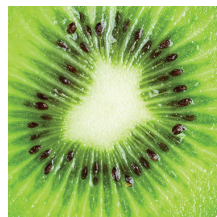
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