



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

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- globally inspired dishes



- we advocate for mandatory labelling of GMOs

peanut & tree nut free



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

v = vegetarian protein
x = non-service day

Menus may change without notice based on availability of ingredients.



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	monday	tuesday	wednesday	thursday	friday
lunch	29 bean cassoulet whole wheat garlic baguette green peas	30 marinara beef meatballs v: marinara falafel bites whole grain pasta snow peas & carrots organic strawberry granola bar	1 paprika chicken v: curried lentils quinoa coleslaw	2 tomato-spinach frijoles brown rice veggie rainbow shredded cheddar	3

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