

# sample child care menu



filipino beef giniling

## 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\*  
\*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>am snack</b>	<b>30</b> organic blossoms milk	<b>31</b> melon cranberry-orange morning round	<b>1</b> organic multigrain squares milk	<b>2</b> apple zucchini muffin	<b>3</b> <b>fruit pizza</b> whole wheat flatbread apple butter banana
<b>lunch</b>	<b>caldereida fish</b> <b>sweet &amp; sour sauce</b> w/organic tofu brown & red rice sweet corn	<b>white bean curry</b> quinoa mini broccoli	<b>chicken meteorite wrap</b> <b>chickpea crusted</b> <b>chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling</b> <b>chili chili bang bang</b> basmati rice green beans inf: steamed green beans	<b>sheet pan</b> <b>new!</b> <b>greek chicken</b> <b>navy beans</b> w/spinach onion bread greek salad tzatziki inf: spinach-coconut purée
<b>pm snack</b>	apple baby carrots inf/tod: steamed carrots cracked wheat crackers ranch dressing w/organic tofu	pear inf: apple-banana purée <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: applesauce	banana apple tortilla crisps inf/tod: whole wheat mini pita tomato salsa	watermelon <b>fit back!</b> mini tomatoes inf/tod: kiwi cheddar or mozzarella cheese	apple cucumber, broccoli & cauliflower inf/tod: cucumber multigrain thins beany basil dip
<b>am snack</b>	<b>6</b> organic crispy O's inf: organic multigrain squares milk	<b>7</b> apple muesli morning round	<b>8</b> hard boiled egg brioche bite <b>fit back!</b>	<b>9</b> peach or nectarine <b>fit back!</b> organic quinoa crunchies	<b>10</b> organic multigrain squares milk
<b>lunch</b>	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain pasta green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots	<b>black beans in salsa</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>tuna &amp; salmon</b> <b>pasta bake</b> <b>tomato-lentil sauce</b> w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée
<b>pm snack</b>	pear inf: apple-banana purée mini organic lemon cookies inf: carrot muffin	pear inf: apple-mango-beet purée <b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar	banana apple cracked wheat crackers maple soft cheese	watermelon cucumber folded basil loaf <b>new!</b> dilly dip	apple <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana