



salmon casserole

the real food promise



real food with real ingredients



globally inspired dishes



whole grain products used throughout the menu



we advocate for the mandatory labeling of GMOs



focus on fruits, vegetables & products grown & produced locally

from Ontario farms or Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics*
- organic turkey
- wild caught, Ocean Wise salmon & tuna



dairy products & organic tofu

.....

no artificial: colours, flavours or sweeteners
no added nitrates or nitrites

*some exceptions may apply to accommodate religious needs

peanut & tree nut free



lunch club sample menu

| | monday | tuesday | wednesday | thursday | friday |
|-------|--|---|--|--|--|
| lunch | 1 garbanzo bean tajine couscous raw carrots fresh fruit | 2 marinara beef meatballs h: lentil bolognese whole wheat pasta kale-banzo veggies fresh fruit | 3 jerk chicken h: spinach & beans rye bread beet & carrot salad fresh fruit | 4 masala fish h: curried lentils white basmati rice green peas fresh fruit | 5 chicken fricassée h: tangy organic tofu bites quinoa cucumber salad fresh fruit |
| | 8 mac chick 'n cheese h: pesto rice pasta w/organic tofu mini broccoli fresh fruit | 9 coconut-lemon fish ragoût h: coconut-lemon bean ragoût brown basmati rice raw tricolour carrots fresh fruit | 10 lemon-herb chicken h: chickpea patty whole wheat roll sweet potato mash fresh fruit | 11 ratatouille w/organic tofu couscous carrot salad fresh fruit | 12 mexican beef burrito h: mexican bean burrito whole wheat wrap shredded cheddar sweet corn fresh fruit |
| lunch | 15 salmon casserole h: pesto rice pasta w/organic tofu veggie rainbow fresh fruit | 16 beef & barley stew h: slow cooked beans focaccia slice mini cucumbers fresh fruit | 17 sunshine dahl brown rice cucumber raita snow peas & carrots fresh fruit | 18 chicken meteorites h: chickpea patty tricolour pasta salad real food ketchup mini broccoli fresh fruit | 19 chickpea chowder brown basmati rice & red quinoa cucumber & tomato salad fresh fruit |
| | 22 beef & bean chili h: chili chili bang bang quinoa sweet corn fresh fruit | 23 jerk chicken h: chickpea patty yellow rice coleslaw fresh fruit | 24 vegetarian pasta bake caesar salad fresh fruit | 25 caldereida fish h: white bean curry whole wheat roll raw tricolour carrots fresh fruit | 26 gong bao chicken h: organic tofu w/groovy gravy brown & red rice snow peas & carrots fresh fruit |

h = herbivore protein

Menus may change without notice based on availability of ingredients.