

child care sample menu



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

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

	monday	tuesday	wednesday	thursday	friday
am snack	1 orange granola pucks	2 organic strawberry granola inf: organic brown rice blossoms milk	3 whole wheat mini bagel organic raspberry fruit spread milk	4 organic super O's milk	5 banana cranberry-orange morning round
lunch	chick-a-noodle soup h: beany noodle soup wheat bun green peas pear inf: banana-pear purée	beef bolognese h: lentil bolognese whole grain pasta cucumber apple	masala fish h: mushroom quiche yellow rice bell peppers inf: spinach-coconut purée banana	mediterranean chicken h: navy beans w/spinach quinoa green beans inf: steamed green beans diced melon	tofu ratatouille red & brown rice tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce brioche bite	watermelon trail mix inf: organic quinoa crunchies	baby carrots inf/tod: steamed carrots cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: flax & whole wheat pita avocado bean guacamole	cucumber & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip
am snack	8 apple carrot muffin	9 organic multigrain squares milk	10 orange croissant	11 pear inf: apple-pear purée date & chia morning round	12 organic super O's milk
lunch	white bean curry couscous green peas orange	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots pear inf: apple-pear purée	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw banana	sunshine dahl basmati rice veggie rainbow inf: mini broccoli cucumber raita apple	mac chick 'n cheese h: vegan cheese sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée watermelon
pm snack	hard boiled egg cracked wheat crackers mayo w/organic tofu	apple cheddar bites	cucumber flax & whole wheat pita dill soft cheese	tomato bruschetta whole wheat garlic baguette	banana roll up whole wheat wrap inf: flax & whole wheat pita banana cocoa chic'pea spread

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.