




Fall 2022 - Winter 2023 Menu




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REGULAR VEGETARIAN WITH FISH

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	<ul style="list-style-type: none"> Yogurt Parfait & Granola Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Cantaloupe Cubes 	<ul style="list-style-type: none"> Oaty Oatmeal Kooky Kiwi 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Outstanding Orange 	<ul style="list-style-type: none"> Spiced Pumpkin Muffin Bubbly Banana
	• Milk	• Milk	• Milk	• Milk	• Milk
LUNCH	<ul style="list-style-type: none"> Chicken Fried Rice 	<ul style="list-style-type: none"> Maple Dijon Salmon  	<ul style="list-style-type: none"> Oh-La-La Orange Chicken 	<ul style="list-style-type: none"> Magic Meatballs 	<ul style="list-style-type: none"> Turkey Tourtiere Pie
	• Tofu Fried Rice	• Maple Dijon Fillet	• Oh-La-La Orange Tofu	• Magic Veggie Bites	• Veggie Tourtiere Pie
P.M. SNACK	<ul style="list-style-type: none"> Brilliant Brown Rice Butternut Squash Soup 	<ul style="list-style-type: none"> Confetti Couscous Crazy Carrots 	<ul style="list-style-type: none"> Terrific Thai Noodles Vibrant Veggie Medley 	<ul style="list-style-type: none"> Whole Wheat Pasta Bold Broccoli 	<ul style="list-style-type: none"> Merry Mashed Potatoes Cuddly Corn
	• Outstanding Orange	• Pineapple Tidbits	• Perfect Pear	• Cantaloupe Cubes	• Awesome Apple
	• Milk	• Milk	• Milk	• Milk	• Milk
	<ul style="list-style-type: none"> Spin Dip & Playful Pita Honeydew Melon Munchies 	<ul style="list-style-type: none"> Appeticious Crisp Perfect Pear 	<ul style="list-style-type: none"> Banana Bread Pineapple Tidbits 	<ul style="list-style-type: none"> Berry Blast Smoothie Trail Mix 	<ul style="list-style-type: none"> Cheese Bites & Crackers Cucumber Coins
• Water	• Water	• Water	• Water	• Water	

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	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	<ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Cantaloupe Cubes 	<ul style="list-style-type: none"> Blueberry Smoothie Bowl Magical Muesli 	<ul style="list-style-type: none"> Banana Roll Up Bubbly Banana 	<ul style="list-style-type: none"> Apple Cinnamon Loaf Pineapple Tidbits
	• Milk	• Milk	• Milk	• Milk	• Milk
LUNCH	<ul style="list-style-type: none"> Beef Sliders 	<ul style="list-style-type: none"> Turkey Taco Tuesday 	<ul style="list-style-type: none"> Teriyaki Chicken 		<ul style="list-style-type: none"> Marvellous Chicken Mac n' Cheese
	• Veggie Sliders	• Bean Taco Tuesday	• Teriyaki Tofu	• Moroccan Meteorites	• Marvellous Tofu Mac n' Cheese
P.M. SNACK	<ul style="list-style-type: none"> Rock n' Roll Rootin' Tootin' Veggies 	<ul style="list-style-type: none"> Whole Wheat Tortilla Mad Mirepoix Soup 	<ul style="list-style-type: none"> Terrific Thai Noodles Petite Peas 	<ul style="list-style-type: none"> Confetti Couscous Crazy Carrots 	<ul style="list-style-type: none"> Whole Wheat Pasta Super Sunrise Veggies
	• Bubbly Banana	• Pineapple Tidbits	• Cantaloupe Cubes	• Kooky Kiwi	• Outstanding Orange
	• Milk	• Milk	• Milk	• Milk	• Milk
	<ul style="list-style-type: none"> Superb Herb Spread & Dipping Sticks Kooky Kiwi 	<ul style="list-style-type: none"> Pizza Stackers Groovy Grapes 	<ul style="list-style-type: none"> Oatmeal Cookie Outstanding Orange 	<ul style="list-style-type: none"> Cheese Bites & Crackers Perfect Pear 	<ul style="list-style-type: none"> Veggie Pita Pocket Cucumber Coins
• Water	• Water	• Water	• Water	• Water	

Before placing your order, please inform your server if a person in your party has a food allergy.

What We Stand For



OUR FOOD IS CLEAN - free of chemicals, additives, preservatives and unnecessary salt and fat.



OUR MEALS HAVE BEEN DEVELOPED BY OUR IN-HOUSE NUTRITIONIST - and surpass requirements outlined in Canada's Food Guide.



WE PROVIDE A GRAB N' GO SNACK FOR THE CHILDREN daily to enjoy on their way home.



Our fish is **OCEAN WISE**, meaning they are sustainably sourced while reducing factors that contribute to climate change.



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A.M. SNACK	<ul style="list-style-type: none"> Yogurt Parfait & Granola Honeydew Melon Munchies 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Awesome Apple 	<ul style="list-style-type: none"> Oaty Oatmeal Cantaloupe Cubes 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Pineapple Tidbits 	<ul style="list-style-type: none"> Cranberry Orange Muffin Kooky Kiwi
	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk
LUNCH	 <ul style="list-style-type: none"> Chitty Chitty Squashy Chili 	<ul style="list-style-type: none"> Shake n' Bake Chicken Shake n' Bake Tofu 	<ul style="list-style-type: none"> Beef & Barley Stew Bean & Barley Stew 	<ul style="list-style-type: none"> Turkey Noodle Doodle Veggie Noodle Doodle 	<ul style="list-style-type: none"> Best Butter Chicken Best Butter Beans
	<ul style="list-style-type: none"> Corn Bread Bold Broccoli Pineapple Tidbits Milk 	<ul style="list-style-type: none"> Confetti Couscous Crazy Carrots Kooky Kiwi Milk 	<ul style="list-style-type: none"> Rock n' Roll Cuddly Corn Outstanding Orange Milk 	<ul style="list-style-type: none"> Whole Wheat Pasta Glorious Green Beans Awesome Apple Milk 	<ul style="list-style-type: none"> Brilliant Brown Rice Vibrant Veggie Medley Cantaloupe Cubes Milk
P.M. SNACK	<ul style="list-style-type: none"> Pizza Stackers Outstanding Orange Water 	<ul style="list-style-type: none"> Spin Dip & Playful Pita Cucumber Coins Water 	<ul style="list-style-type: none"> Cheese Bites & Crackers Perfect Pear Water 	<ul style="list-style-type: none"> Posh Pumpkin Cookie Bubbly Banana Water 	<ul style="list-style-type: none"> Mango Smoothie Trail Mix Water

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	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	<ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Outstanding Orange 	<ul style="list-style-type: none"> Banana Roll Up Bubbly Banana 	<ul style="list-style-type: none"> Strawberry Smoothie Bowl Magical Muesli 	<ul style="list-style-type: none"> Gingerbread Loaf Honeydew Melon Munchies
	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk
LUNCH	<ul style="list-style-type: none"> Chicky Noodle Soup Chickpea Noodle Soup Rock n' Roll Crazy Carrots Perfect Pear Milk 	<ul style="list-style-type: none"> Beef Sliders Veggie Sliders Rock n' Roll Petite Peas Kooky Kiwi Milk 	<ul style="list-style-type: none"> Swedish Meatballs Swedish Veggie Bites Merry Mashed Potatoes Super Sunrise Veggies Pineapple Tidbits Milk 	<ul style="list-style-type: none"> Twisty Turkey Stir Fry Twisty Veggie Stir Fry Terrific Thai Noodles Glorious Green Beans Outstanding Orange Milk 	<ul style="list-style-type: none"> Marvellous Chicken Mac n' Cheese Marvellous Tofu Mac n' Cheese Whole Wheat Pasta Rootin' Tootin' Veggies Awesome Apple Milk
	<ul style="list-style-type: none"> Veggie Pita Pocket Cucumber Coins Water 	<ul style="list-style-type: none"> Applelicious Crisp Cantaloupe Cubes Water 	<ul style="list-style-type: none"> Oatmeal Cookie Perfect Pear Water 	<ul style="list-style-type: none"> Superb Herb Spread & Dipping Sticks Groovy Grapes Water 	<ul style="list-style-type: none"> Pizza Stackers Pineapple Tidbits Water

Before placing your order, please inform your server if a person in your party has a food allergy.

What We Stand For



OUR CHILDREN ENGAGE IN FAMILY-STYLE DINING, which empowers them to make their own food choices and develop fine motor skills.



OUR KITCHENS DO NOT SERVE peanuts, tree nuts, shellfish, whole eggs, pork and pork products.



Our team of food experts work to **ACCOMMODATE ALL ALLERGIES AND FOOD RESTRICTIONS**.



We serve a rotation of **PROTEIN VARIETIES INCLUDING PLANT-BASED OPTIONS** weekly.



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