





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"> Berries n' Oats Kooky Kiwi 	<ul style="list-style-type: none"> Raisin Bread Outstanding Orange 	<ul style="list-style-type: none"> Spiced Pumpkin Muffin Bubbly Banana
	<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"> Tofu Fried Rice 	<ul style="list-style-type: none"> Maple Dijon Salmon  Maple Dijon Fillet 	<ul style="list-style-type: none"> Oh-La-La Orange Chicken Oh-La-La Orange Tofu 	<ul style="list-style-type: none"> Magic Meatballs Magic Veggie Bites 	<ul style="list-style-type: none"> Turkey Tourtiere Pie Veggie Tourtiere Pie
	<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
	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta
P.M. SNACK	<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
	<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
	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> 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
	<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"> Chana Masala 	<ul style="list-style-type: none"> Turkey Taco Tuesday Bean Taco Tuesday 	<ul style="list-style-type: none"> Teriyaki Fish  Teriyaki Tofu 	 <ul style="list-style-type: none"> Moroccan Meteorites 	<ul style="list-style-type: none"> Marvellous Chicken Mac n' Cheese Marvellous Tofu Mac n' Cheese
	<ul style="list-style-type: none"> Brilliant Brown Rice 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
	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta 	<ul style="list-style-type: none"> Fruit Fiesta
P.M. SNACK	<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
	<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
	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water 	<ul style="list-style-type: none"> Water

Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

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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REGULAR VEGETARIAN WITH FISH

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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"> Raisin Bread Awesome Apple 	<ul style="list-style-type: none"> Berries n' Oats 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"> Dashing Dill Salmon  Dashing Dill Fillet 	 <ul style="list-style-type: none"> 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 Fruit Fiesta Milk 	<ul style="list-style-type: none"> Confetti Couscous Crazy Carrots Fruit Fiesta Milk 	<ul style="list-style-type: none"> Rock n' Roll Cuddly Corn Fruit Fiesta Milk 	<ul style="list-style-type: none"> Whole Wheat Pasta Glorious Green Beans Fruit Fiesta Milk 	<ul style="list-style-type: none"> Brilliant Brown Rice Vibrant Veggie Medley Fruit Fiesta 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 Fruit Fiesta Milk 	 <ul style="list-style-type: none"> Bean & Butternut Squash Tagine Brilliant Brown Rice Petite Peas Fruit Fiesta Milk 	<ul style="list-style-type: none"> Swedish Meatballs Swedish Veggie Bites Merry Mashed Potatoes Super Sunrise Veggies Fruit Fiesta Milk 	<ul style="list-style-type: none"> Twisty Turkey Stir Fry Twisty Veggie Stir Fry Terrific Thai Noodles Glorious Green Beans Fruit Fiesta Milk 	<ul style="list-style-type: none"> Fish Florentine  Tofu Florentine Whole Wheat Pasta Rootin' Tootin' Veggies Fruit Fiesta 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

Fruit Fiesta: All our lunches are served with an assortment of seasonal, fresh fruits.

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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