



Fall 2021- Winter 2022 Menu




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REGULAR VEGETARIAN WITH FISH

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<ul style="list-style-type: none"> Yogurt Parfait & Granola Outstanding Orange 	<ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Cantaloupe Cubes 	<ul style="list-style-type: none"> Whole Grain Cereal Kooky Kiwi 	<ul style="list-style-type: none"> Raisin Bread Awesome Apple 	<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"> Magic Meatballs 	<ul style="list-style-type: none"> Shake n' Bake Chicken 	<ul style="list-style-type: none"> Oh-La-La Orange Chicken 	<ul style="list-style-type: none"> Beef Sliders 	<ul style="list-style-type: none"> Turkey Tourtiere Pie
	<ul style="list-style-type: none"> Mixed Magic Beans 	<ul style="list-style-type: none"> Shake n' Bake Fillet 	<ul style="list-style-type: none"> Oh-La-La Orange Tofu 	<ul style="list-style-type: none"> Veggie Sliders 	<ul style="list-style-type: none"> Veggie Tourtiere Pie
	<ul style="list-style-type: none"> Whole Wheat Pasta Crazy Carrots 	<ul style="list-style-type: none"> Brilliant Brown Rice Butternut Squash Soup 	<ul style="list-style-type: none"> Confetti Couscous Vibrant Veggie Medley 	<ul style="list-style-type: none"> Rock n' Roll Bold Broccoli 	<ul style="list-style-type: none"> Merry Mashed Potatoes Cuddly Corn
P.M. SNACK	<ul style="list-style-type: none"> Kooky Kiwi 	<ul style="list-style-type: none"> Groovy Grapes 	<ul style="list-style-type: none"> Honeydew Melon Munchies 	<ul style="list-style-type: none"> Cantaloupe Cubes 	<ul style="list-style-type: none"> 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
	<ul style="list-style-type: none"> Bean Dip & Playful Pita Honeydew Melon Munchies 	<ul style="list-style-type: none"> Applesicous 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"> 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
BREAKFAST	<ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple 	<ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Honeydew Melon Munchies 	<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"> Magic Meatballs 	<ul style="list-style-type: none"> Turkey Enchiladas 		<ul style="list-style-type: none"> Shake n' Bake Chicken 	<ul style="list-style-type: none"> Marvellous Chicken Mac n' Cheese
	<ul style="list-style-type: none"> Mixed Magic Beans 	<ul style="list-style-type: none"> Bean Enchiladas 	<ul style="list-style-type: none"> Veggie Pad Thai 	<ul style="list-style-type: none"> Shake n' Bake Fillet 	<ul style="list-style-type: none"> 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 Bold Broccoli 	<ul style="list-style-type: none"> Terrific Thai Noodles Petite Peas 	<ul style="list-style-type: none"> Rock n' Roll Mad Mirepoix Soup 	<ul style="list-style-type: none"> Whole Wheat Pasta Super Sunrise Veggies
P.M. SNACK	<ul style="list-style-type: none"> Pineapple Tidbits 	<ul style="list-style-type: none"> Cantaloupe Cubes 	<ul style="list-style-type: none"> Awesome Apple 	<ul style="list-style-type: none"> Perfect Pear 	<ul style="list-style-type: none"> Outstanding Orange
	<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"> Superb Herb Spread & Dipping Sticks Cucumber Coins 	<ul style="list-style-type: none"> Chipper Cheddar Bite Perfect Pear 	<ul style="list-style-type: none"> Oatmeal Cookie Outstanding Orange 	<ul style="list-style-type: none"> Cheese Bites & Crackers Groovy Grapes 	<ul style="list-style-type: none"> Corn Salsa & Playful Pita Kooky Kiwi
	<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

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.



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



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



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



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Fall 2021- Winter 2022 Menu




REGULAR VEGETARIAN WITH FISH

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	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<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"> Whole Grain Cereal 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"> Sassy Chicken Pasta Sassy Tofu Pasta 	<ul style="list-style-type: none"> Beef Sliders Veggie Sliders 	<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 	<ul style="list-style-type: none"> Whole Wheat Pasta Crazy Carrots 	<ul style="list-style-type: none"> Rock n' Roll Cuddly Corn 	<ul style="list-style-type: none"> Whole Wheat Pasta Glorious Green Beans 	<ul style="list-style-type: none"> Brilliant Brown Rice Vibrant Veggie Medley
	<ul style="list-style-type: none"> Outstanding Orange 	<ul style="list-style-type: none"> Kooky Kiwi 	<ul style="list-style-type: none"> Perfect Pear 	<ul style="list-style-type: none"> Honeydew Melon Munchies 	<ul style="list-style-type: none"> Cantaloupe Cubes
	<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
P.M. SNACK	<ul style="list-style-type: none"> Pizza Stackers Perfect Pear 	<ul style="list-style-type: none"> Bean Dip & Playful Pita Cucumber Coins 	<ul style="list-style-type: none"> Cheese Bites & Crackers Outstanding Orange 	<ul style="list-style-type: none"> Appelicious Crisp Bubbly Banana 	<ul style="list-style-type: none"> Mango Smoothie Trail Mix
	<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
BREAKFAST	<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"> Marvellous Chicken Mac n' Cheese 	<ul style="list-style-type: none"> Chicken Pot Pie 	<ul style="list-style-type: none"> Clever Curry Meatballs 	<ul style="list-style-type: none"> Turkey Noodle Doodle 	<ul style="list-style-type: none"> Fragrant Fish 
	<ul style="list-style-type: none"> Marvellous Tofu Mac n' Cheese 	<ul style="list-style-type: none"> Chickpea Pot Pie 	<ul style="list-style-type: none"> Clever Curry Beans 	<ul style="list-style-type: none"> Veggie Noodle Doodle 	<ul style="list-style-type: none"> Fragrant Fillet
	<ul style="list-style-type: none"> Whole Wheat Pasta Crazy Carrots 	<ul style="list-style-type: none"> Merry Mashed Potatoes Petite Peas 	<ul style="list-style-type: none"> Brilliant Brown Rice Super Sunrise Veggies 	<ul style="list-style-type: none"> Whole Wheat Pasta Glorious Green Beans 	<ul style="list-style-type: none"> Confetti Couscous Rootin' Tootin' Veggies
	<ul style="list-style-type: none"> Perfect Pear 	<ul style="list-style-type: none"> Pineapple Tidbits 	<ul style="list-style-type: none"> Awesome Apple 	<ul style="list-style-type: none"> Outstanding Orange 	<ul style="list-style-type: none"> Cantaloupe Cubes
P.M. SNACK	<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"> Superb Herb Spread & Dipping Sticks Cucumber Coins 	<ul style="list-style-type: none"> Corn Salsa & Playful Pita Cantaloupe Cubes 	<ul style="list-style-type: none"> Oatmeal Cookie Perfect Pear 	<ul style="list-style-type: none"> Chipper Cheddar Bite Groovy Grapes 	<ul style="list-style-type: none"> Pizza Stackers Pineapple Tidbits
	<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

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

What We Stand For



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



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.



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



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