





Fall 2021- Winter 2022 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 Outstanding Orange Milk | <ul style="list-style-type: none"> Whole Wheat Bagel & Cream Cheese Cantaloupe Cubes Milk | <ul style="list-style-type: none"> Oaty Oatmeal Kooky Kiwi Milk | <ul style="list-style-type: none"> Raisin Bread Awesome Apple Milk | <ul style="list-style-type: none"> Spiced Pumpkin Muffin Bubbly Banana Milk |
| LUNCH | <ul style="list-style-type: none"> Magic Meatballs Mixed Magic Beans Whole Wheat Pasta Crazy Carrots Fruit Fiesta Milk | <ul style="list-style-type: none"> Maple Dijon Salmon  Maple Dijon Fillet Terrific Thai Noodles Butternut Squash Soup Fruit Fiesta Milk | <ul style="list-style-type: none"> Oh-La-La Orange Chicken Oh-La-La Orange Tofu Confetti Couscous Vibrant Veggie Medley Fruit Fiesta Milk | <ul style="list-style-type: none">  Cute Quinoa Casserole Brilliant Brown Rice Bold Broccoli Fruit Fiesta Milk | <ul style="list-style-type: none"> Turkey Tourtiere Pie Veggie Tourtiere Pie Merry Mashed Potatoes Cuddly Corn Fruit Fiesta Milk |
| P.M. SNACK | <ul style="list-style-type: none"> Bean Dip & Playful Pita Honeydew Melon Munchies Water | <ul style="list-style-type: none"> Appeticious Crisp Perfect Pear Water | <ul style="list-style-type: none"> Banana Bread Pineapple Tidbits Water | <ul style="list-style-type: none"> Berry Blast Smoothie Trail Mix Water | <ul style="list-style-type: none"> Cheese Bites & Crackers Cucumber Coins Water |

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|---|--|--|---|
| A.M. SNACK | <ul style="list-style-type: none"> Whole Grain Cereal Awesome Apple Milk | <ul style="list-style-type: none"> Whole Wheat Pancake & Fruit Spread Honeydew Melon Munchies Milk | <ul style="list-style-type: none"> Spinnny Blueberry Smoothie Bowl Magical Muesli Milk | <ul style="list-style-type: none"> Banana Roll Up Bubbly Banana Milk | <ul style="list-style-type: none"> Apple Cinnamon Loaf Pineapple Tidbits Milk |
| LUNCH | <ul style="list-style-type: none">  Chana Masala Brilliant Brown Rice Rootin' Tootin' Veggies Fruit Fiesta Milk | <ul style="list-style-type: none"> Turkey Enchiladas Bean Enchiladas Whole Wheat Tortilla Bold Broccoli Fruit Fiesta Milk | <ul style="list-style-type: none"> Teriyaki Fish  Teriyaki Tofu Terrific Thai Noodles Petite Peas Fruit Fiesta Milk | <ul style="list-style-type: none">  Veggie Sub Supreme Rock n' Roll Mad Mirepoix Soup Fruit Fiesta Milk | <ul style="list-style-type: none"> Marvellous Chicken Mac n' Cheese Marvellous Tofu Mac n' Cheese Whole Wheat Pasta Super Sunrise Veggies Fruit Fiesta Milk |
| P.M. SNACK | <ul style="list-style-type: none"> Superb Herb Spread & Dipping Sticks Cucumber Coins Water | <ul style="list-style-type: none"> Chipper Cheddar Bite Perfect Pear Water | <ul style="list-style-type: none"> Oatmeal Cookie Outstanding Orange Water | <ul style="list-style-type: none"> Cheese Bites & Crackers Groovy Grapes Water | <ul style="list-style-type: none"> Corn Salsa & Playful Pita Kooky Kiwi 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.



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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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|--|---|---|
| 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"> 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"> Lovable Lemon Salmon  Lovable Lemon 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 | <ul style="list-style-type: none"> Confetti Couscous 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"> 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 |
| | <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"> Appeticious Crisp Bubbly Banana | <ul style="list-style-type: none"> Green Genie 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 |

4

| | 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"> Spunky Spinach Chicken |  <ul style="list-style-type: none"> Plant-Based Pot Pie | <ul style="list-style-type: none"> Clever Curry Meatballs Clever Curry Beans | <ul style="list-style-type: none"> Twisty Turkey Stir Fry Twisty Veggie Stir Fry | <ul style="list-style-type: none"> Fragrant Fish  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"> Terrific Thai Noodles Glorious Green Beans | <ul style="list-style-type: none"> Confetti Couscous Rootin' Tootin' 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 |
| | <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"> 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 |

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

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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