

The Real Food Promise:



Background checks on all ingredients



Inspired dishes made fresh from scratch



Ingredients from sustainable farmers and producers



Milk, dairy products, and organic tofu from Ontario producers we trust



Ontario beef and poultry raised ethically with no growth hormones or routine antibiotics



As much Ontario-grown and certified organic food as possible



No highly processed foods, excess salt or refined sugar



No artificial colours or flavours



Genetically modified ingredients aren't invited to the party



Strictly nut-free

	Mon. Mar. 4	Tue. Mar. 5	Wed. Mar. 6	Thu. Mar. 7	Fri. Mar. 8
AM Snack	<ul style="list-style-type: none"> Organic Yogurt Organic Quinoa Puffs 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk 	<ul style="list-style-type: none"> Whole Wheat Bread No-Nut Butter 100% Fruit Spread 	<ul style="list-style-type: none"> Applesauce Banana Muffin 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk
	Juicy Meatballs Beef Meatballs in Light Balsamic Sauce	Provençal Fish Herbed Fish Filet	Tito Burrito Mixed Beans & Veggies	Chicken Sandwich Sliced Roasted Chicken	Beef Bolognese Grass-Fed Beef in Tomato Sauce
	Veggieballs Seasoned Soy Meatballs	Tangy Tofu Bites Tofu in Tangy Stir Fry Sauce		Hummus Sandwich Red Pepper Hummus	 Lentil Bolognese Red Lentils in Tomato Sauce
Lunch	<ul style="list-style-type: none"> Organic Quinoa Sweet Corn Kiwi Milk 	<ul style="list-style-type: none"> Brown Rice Shredded Carrots Mixed Greens Inf: Green Peas Balsamic Vinaigrette Melon Milk 	<ul style="list-style-type: none"> Whole Wheat Wrap Inf: Whole Wheat Pita Organic Sour Cream Roasted Potatoes Banana Milk 	<ul style="list-style-type: none"> Whole Wheat Bread Tofu Dijonnaise Cheddar Cheese Slice Alphabet Soup Apple Inf: Banana Milk 	<ul style="list-style-type: none"> Whole Wheat Pasta Inf: Sweet Corn Green Beans Inf: Applesauce Pear Inf: Applesauce Milk
PM Snack	<ul style="list-style-type: none"> Organic Crackers Inf: Rice Cake Hummus Apple Inf: Applesauce 	<ul style="list-style-type: none"> Cocoa Cookie Inf: Banana Muffin Pear Inf: Orange 	<ul style="list-style-type: none"> Whole Wheat Focaccia Inf: Whole Wheat Bread Cucumber Bruschetta 	<ul style="list-style-type: none"> Cinnamon Raisin Bagel Inf: Whole Wheat Pita Soft Cheese 	<ul style="list-style-type: none"> Rice Cake Cucumber Tofu Tomato Dip
	Mon. Mar. 11	Tue. Mar. 12	Wed. Mar. 13	Thu. Mar. 14	Fri. Mar. 15
AM Snack	<ul style="list-style-type: none"> Organic Crispy Brown Rice Cereal Milk 	<ul style="list-style-type: none"> Organic Quinoa Puffs Pear Inf: Orange 	<ul style="list-style-type: none"> Blueberry Bagel Inf: Whole Wheat Pita 100% Fruit Spread Milk 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk 	<ul style="list-style-type: none"> Organic Kefir Coconut Fig Granola
	Carrot & Flax Fish Seasoned Fish Filet	Veggie Bolognese Veggies & Soy in Tomato Sauce	Sri Lankan Chicken Chicken with Tomato & Coconut Milk	Mighty Meatloaf Seasoned Grass-Fed Beef	New England Chowdah Creamy Fish Stew
	Mini Quiche Eggs with Red Peppers		Loco Lima Beans Lima Beans, Corn & Bell Peppers	Mighty No-Meatloaf Baked Soy Veggie Mini Loaf	Smashy Pumpkins Spiced Pumpkin with Chickpeas
Lunch	<ul style="list-style-type: none"> Organic Quinoa Peas & Carrots Pineapple Milk 	<ul style="list-style-type: none"> Cheese Tortellini Broccoli Banana Milk 	<ul style="list-style-type: none"> Red Rice Carrot Wheels Apple Inf: Applesauce Milk 	<ul style="list-style-type: none"> Whole Wheat Bread Tomato Chutney Mediterranean Salad Pear Inf: Banana Milk 	<ul style="list-style-type: none"> Cornbread Green Peas Orange Milk
PM Snack	<ul style="list-style-type: none"> Apple Inf: Applesauce Blueberry Citrus Loaf 	<ul style="list-style-type: none"> Whole Wheat Wrap Inf: Whole Wheat Pita Apple Butter Soft Cheese 	<ul style="list-style-type: none"> Corn Tortilla Crisps Inf/Tod: Croissant Tomato Salsa Inf/Tod: Apple Butter 	<ul style="list-style-type: none"> Carrot Wheels Inf/Tod: Cucumber Whole Wheat Pita Tofu Spinach Dip 	<ul style="list-style-type: none"> Apple Inf: Applesauce Cheddar Cheese Bites

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	Mon. Mar. 18	Tue. Mar. 19	Wed. Mar. 20	Thu. Mar. 21	Fri. Mar. 22
AM Snack	<ul style="list-style-type: none"> Rice Cake No-Nut Butter 100% Fruit Spread 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk 	<ul style="list-style-type: none"> Croissant Applesauce 	<ul style="list-style-type: none"> Organic Yogurt Organic Quinoa Puffs 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk
	Slow Cooked Beans Navy Beans in Tomato Sauce	Chicken Fricassée Chicken, Bell Peppers, Carrots & Celery	Roasty Beef Sandwich Sliced Roast Beef	Caldereida Fish & Veggie Stew	Chili Chili Bang Bang Red & Black Bean Chili
		Veggie Bites Seasoned Seitan Bites	Hello Portobello Soy & Portobello Mushroom Burger	Mini Quiche Eggs with Mushrooms	
Lunch	<ul style="list-style-type: none"> Brown Rice Mini Cuke Apple Inf: Applesauce Milk 	<ul style="list-style-type: none"> Basmati Rice Broccoli Orange Milk 	<ul style="list-style-type: none"> Whole Wheat Bread Tofu Honey Mustard Sauce Cheddar Cheese Slice Alphabet Soup Banana Milk 	<ul style="list-style-type: none"> Whole Wheat Mini Baguette Inf: Whole Wheat Pita Grape Tomatoes Inf: Green Peas Melon Milk 	<ul style="list-style-type: none"> Organic Quinoa Sweet Corn Pear Inf: Applesauce Milk
PM Snack	<ul style="list-style-type: none"> Lentil Crackers Inf: Whole Wheat Pita Red Pepper Hummus 	<ul style="list-style-type: none"> Pear Inf: Applesauce Oatmeal Cookie Inf: Banana Muffin 	<ul style="list-style-type: none"> Carrot Wheels Inf/Tod: Cucumber Rye Bread Tofu Spinach Dip 	<ul style="list-style-type: none"> Whole Wheat Focaccia Inf: Whole Wheat Bread Tomato Bruschetta 	<ul style="list-style-type: none"> Banana Chocolate Tofu Dip Granola Sprinkle
	Mon. Mar. 25	Tue. Mar. 26	Wed. Mar. 27	Thu. Mar. 28	Fri. Mar. 29
AM Snack	<ul style="list-style-type: none"> Rice Cake No-Nut Butter 100% Fruit Spread 	<ul style="list-style-type: none"> Pear Inf: Applesauce Organic Quinoa Puffs 	<ul style="list-style-type: none"> Banana Zucchini Muffin 	<ul style="list-style-type: none"> Organic Whole Grain Cereal Milk 	Good Friday
	Jerk Chicken Jamaican Spiced Chicken	Real Food Rocket Dog Nitrate-Free Beef Inf: Sliced Roast Beef	Lemon Butter Fish Fish Filet with Parsley & Lemon	Scramble Wrap Lightly Seasoned Baked Eggs	
	Yee-Haw Beans Texan Kidney Beans	Veggie Patty Chickpea Patty	Battleship Beans Navy Beans with Spinach		
Lunch	<ul style="list-style-type: none"> Yellow Rice Green Peas Kiwi Milk 	<ul style="list-style-type: none"> Whole Wheat Pita Real Food Ketchup Romaine Lettuce Shredded Carrots Inf: Sweet Corn Samurai Vinaigrette Melon Milk 	<ul style="list-style-type: none"> Organic Quinoa Sweet Red Pepper Coulis Four Veggie Salad Inf: Green Peas Lemon Vinaigrette Orange Milk 	<ul style="list-style-type: none"> Whole Wheat Wrap Inf: Whole Wheat Pita Shredded Cheese Tomato Salsa Carrot Wheels Apple Inf: Applesauce Milk 	
PM Snack	<ul style="list-style-type: none"> Organic Crackers Inf: Rice Cake Hummus Apple Inf: Applesauce 	<ul style="list-style-type: none"> Whole Wheat Wrap Inf: Whole Wheat Pita Apple Butter Soft Cheese 	<ul style="list-style-type: none"> Whole Wheat Pita Sicily Sauce Shredded Cheese 	<ul style="list-style-type: none"> Pear Inf: Banana Cocoa Beet Loaf 	