



The Real Food Promise:

-  Background checks on all ingredients
-  All natural menu, made fresh from scratch
-  Ingredients from local and sustainable farmers and producers
-  Milk and dairy products from local producers we trust
-  As much Ontario-grown and certified organic food as possible
-  No highly processed foods, excess salt or refined sugar
-  No artificial anything (colours, preservatives, ingredients of any kind)
-  Genetically modified ingredients aren't invited to the party
-  Local beef and poultry raised ethically with no growth hormones or routine antibiotics
-  Strictly nut-free

	Mon. June 6	Tue. June 7	Wed. June 8	Thu. June 9	Fri. June 10
omn		Pollo Cacciatore • Chicken with Tomato Sauce	All Beef Burger • Grass-Fed Beef Burger	Carrot & Flax Fish • Seasoned Fish Filet	Chicken alla Fresca • Lemon Herb Chicken
herb	Garbanzo Bean Tajine • Chickpea & Raisin Stew	Sweet Pea Bolognese • Sweet Pea Tomato Sauce	Veggie Patty • Chickpea Patty	Loco Lima Bean Fiesta • Lima Beans, Corn & Bell Peppers	Popeye Mini Quiche • Spinach & Scallion Quiche
Lunch	• Organic Quinoa • Green Peas • Orange • Milk	• Brown Rice • Broccoli & Cauliflower • Pear • Milk	• Whole Wheat Bun • Tomato Chutney • Picnic Potato Salad • Seasonal Fruit • Milk	• Red Rice • Green Beans • Banana • Milk	• Summer Pasta Salad • Seasonal Vegetable • Kiwi & Melon • Milk
	Mon. June 13	Tue. June 14	Wed. June 15	Thu. June 16	Fri. June 17
omn	Chick Chick Chowder • Chicken, Chickpeas & Veggies	Real Food Rocket Dog • Nitrate-Free Beef	Southern Fish wick • Cornmeal Fish Filet		Volcano Sandwich • Seasoned Grass-Fed Ground Beef
herb	Chickpea Chowder • Chickpeas & Veggies	Rice Burger • Brown Rice & Veggie Burger	Curried Lentils • Lentils & Veggies	Tofu Bolognese • Organic Tofu & Tomato Sauce	Lemongrass Tofu • Organic Tofu & Veggies
Lunch	• Brown Rice • Sweet Corn • Orange • Milk	• Whole Wheat Pita • Real Food Ketchup • Peas & Carrots • Seasonal Fruit • Milk	• Whole Wheat Bun • Napa Cabbage • Inf/Tod: Sweet Corn • Organic Tofu Ranch Dressing • Banana • Milk	• Whole Wheat Pasta • Broccoli • Pear & Kiwi • Milk	• Whole Wheat Bun • Fruity Carrot Salad • Apple • Milk
	Mon. June 20	Tue. June 21	Wed. June 22	Thu. June 23	Fri. June 24
omn		Proven al Fish • Herbed Fish Filet	Saucy Meatballs • Grass-Fed Beef in Tomato Sauce	Madagascar Sammy • Spiced Chicken	Pollo Burrito • Mexican Spiced Chicken
herb	Toronto Maple Beans • Baked Beans & Veggies	Red Pepper Quiche • Red Pepper & Scallion Quiche	Tofu Bolognese • Organic Tofu & Tomato Sauce	Bean Cassoulet • White Beans & Veggies	Burrito de Frijoles • Mixed Beans & Veggies
Lunch	• Red Rice • Cauliflower • Pear • Milk	• Organic Quinoa • Seasonal Vegetable • Banana • Milk	• Whole Wheat Pasta • Carrot Wheels • Seasonal Fruit • Milk	• Whole Wheat Bread • Napa Garnish • Organic Tofu Dijonnaise • Mini Cukes • Melon & Mini Apple • Milk	• Whole Wheat Wrap • Diced Zucchini & Red Pepper • Inf/Tod: Sweet Corn • Artisanal Cheese Garnish • Seasonal Fruit • Milk

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	Mon. June 27	Tue. June 28	Wed. June 29	Thu. June 30	Fri. July 1
	Mumbai Chicken • Seasoned Chicken			Happy Canada Day! • BBQ Beef Brisket	
	Jamaican Red Beans • Kidney Beans & Veggies	Tortellini Salad • Cheese Tortellini with Organic Tofu Pesto	Fa-la-la-fel • Chickpea Falafel Patty	Toronto Maple Beans • Baked Beans & Veggies	
Lunch	• Basmati Rice • Peas & Corn • Cucumber Raita • Orange • Milk	• Chickpeas & Peas • Seasonal Vegetable • Kiwi & Banana • Milk	• Whole Wheat Pita • Napa Garnish • Organic Tofu Tzatziki • Mediterranean Salad • Seasonal Fruit • Milk	• Whole Wheat Bun • Napa Carrot Slaw • Inf/Tod: Sweet Corn • Organic Tofu Ranch Dressing • Melon & Banana • Milk	

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