



gong bao chicken

september 2019 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2	3	4	5	6
lunch	Labour Day	applesauce organic quinoa crunchies bean burrito filling brown rice sweet corn sour cream orange cheddar or mozzarella cheese puffed rice square	organic super O's milk beef burger h: chickpea patty multigrain pita bun beet & carrot salad inf: blended beet & carrot salad real food ketchup pear inf: apple-pear purée apple mini organic lemon cookies inf: apple-cinnamon snacking round milk	stone fruit cranberry-orange morning round egg salad whole wheat wrap inf: whole wheat pita lettuce garnish garnish not for infants minestrone soup banana baby carrots inf/tod: steamed carrots organic crispbread dilly dip	organic multigrain squares milk mac chick 'n cheese h: vegan cheese sauce w/rice pasta romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée watermelon mini pizza whole wheat pita marinara sauce shredded cheddar
pm snack					
am snack	9	10	11	12	13
lunch	orange pumpkin loaf milk its back! groovy organic chicken meatballs h: marinara falafel bites half whole wheat pita potato mash green peas pear inf: applesauce	organic strawberry granola milk bolognese w/organic tofu whole grain pasta green beans inf: steamed green beans apple	hard boiled egg croissant masala fish h: mushroom quiche quinoa bell peppers inf: spinach-coconut purée banana	organic super O's milk new! gong bao chicken h: tangy organic tofu bites basmati rice steamed broccoli inf/tod: soft broccoli orange	banana vanilla maple yogurt inf: plain yogurt beef & bean chili h: chili chili bang bang wheat bun napa cabbage & spinach salad maple samurai vinaigrette inf: cauliflower-carrot-coconut purée apple
pm snack	applesauce cinnamon-raisin snacking round	melon trail mix inf: organic quinoa crunchies	cucumber cracked wheat crackers red pepper hummus	tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	baby carrots & mini tomatoes inf/tod: roasted sweet potato puffed rice square spinach-organic tofu dip

the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



wild Skipjack tuna & Canadian salmon, sustainably-sourced



whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



focus on fruits, vegetables & products grown & produced locally & sustainably



dairy products & organic tofu



globally inspired dishes



we advocate for mandatory labelling of GMOs

peanut & tree nut free

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

h = herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.



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am snack	16 pear inf: apple-pear purée granola pucks	17 organic multigrain squares milk	18 whole wheat mini bagel organic raspberry fruit spread milk	19 orange apple-cinnamon morning round	20 organic super O's milk
lunch	white bean curry couscous green peas	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots	madagascar chicken h: curried lentils red & white quinoa coleslaw inf: blended coleslaw	tomato-spinach frijoles brown & red rice veggie rainbow inf: mini broccoli shredded cheese	salmon casserole h: tomato-lentil sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée diced melon
	apple	orange	banana	pineapple 	
pm snack	hard boiled egg whole wheat pita mayo w/organic tofu	apple cheddar bites	cracker stackers organic vegetable crackers cream cheese cucumber	tomato bruschetta whole wheat garlic baguette	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana
am snack	23 cheddar bites cracked wheat crackers	24 granola inf: organic brown rice blossoms milk	25 orange whole wheat bread maple soft cheese	26 applesauce müesli morning round	27 organic multigrain squares milk
lunch	pollo cacciatore h: lentil bolognese whole grain pasta sweet corn	garbanzo bean tajine quinoa cucumber	meteorite wrap chickpea crusted chicken meteorites h: chickpea patty whole wheat wrap inf: whole wheat pita romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	carrot & flax fish h: spinach quiche brown rice green beans inf: steamed green beans	beef & tomato filling h: pumpkin & beans whole wheat garlic baguette green peas
	orange	apple	banana	diced melon	banana
pm snack	apple banana muffin	vanilla maple yogurt inf: plain yogurt trail mix inf: banana-pear purée	tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	bell peppers inf: apple-mango-beet purée croissant	cucumber & mini tomatoes inf/tod: steamed carrots puffed rice square hummus

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