



# GF, DF & VEGAN FALL MENU 2022








Week 1



Day	Breakfast	AM Snack	Lunch	PM Snack
<b>M</b> 5	<b>BREAKFAST</b> Gluten Free Cereal Fresh Fruit Organic Whole Milk	<b>AM SNACK</b> Applesauce & Crackers Fresh Fruit	<b>LUNCH</b> ● Vegan Chicken and Mushroom Casserole Fresh Vegetables	<b>PM SNACK</b> Ginger Snaps Fresh Fruit
<b>T</b> 6	<b>BREAKFAST</b> Vanilla Yogurt with Granola Fresh Fruit	<b>AM SNACK</b> Vanilla Chia Pudding Fresh Fruit	<b>LUNCH</b> ● Vegan Chicken with Quinoa Stuffing Fresh Vegetables	<b>PM SNACK</b> Fruit Tarts Fresh Fruit
<b>W</b> 7	<b>BREAKFAST</b> Zucchini Muffins Fresh Fruit	<b>AM SNACK</b> Cheese Cubes & Rice Crackers	<b>LUNCH</b> ● Vegetable Lasagna Fresh Vegetables	<b>PM SNACK</b> Strawberry Shortcake Fresh Fruit
<b>T</b> 8	<b>BREAKFAST</b> Pumpkin Spice Smoothie with Graham Wafer Fresh Fruit	<b>AM SNACK</b> Berry Yogurt with Arrowroot Cookies Fresh Fruit	<b>LUNCH</b> Corn Chowder with Bread Roll Fresh Vegetables	<b>PM SNACK</b> Gluten Free Bread with Baba Ganoush Fresh Fruit
<b>F</b> 9	<b>BREAKFAST</b> ● Sausage Breakfast Scramble with Hashbrown Fresh Fruit	<b>AM SNACK</b> Honey Dew Lassi Fresh Fruit	<b>LUNCH</b> ● Vegan Nuggets with Sweet Potato Fries Fresh Vegetables	<b>PM SNACK</b> Red Velvet Beet Muffin Fresh Fruit

INSPIRING & ENABLING  
HEALTHY EATING  
FOR OUR CHILDREN



## The Fueling Minds Promise Fueling Minds with Real Ingredients

-  No artificial: colours, flavours or sweeteners no added nitrates or nitrites
-  Wild tuna, sustainably-sourced
-  Whole grains throughout the menu
-  Pasture-raised beef without added hormones or routine antibiotics\* organic chicken 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

-  Contains gluten (Gluten free option provided)
-  Contains dairy:
-  Contains soy
-  Herbivore protein
-  Contains egg

Pork, peanut & tree nut free

All menus are prepared by a talented and qualified team, including Red Seal Chefs to ensure quality, diverse flavours, whole grains, sustainable protein and local products.

\*All breakfast and lunch items are served with Organic Whole Milk (3.25% M.F.)

For infants, steamed vegetables will be provided.

\*Only applicable for centres with milk service.



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Week 2

	<b>BREAKFAST</b> Gluten Free Cereal  Organic Whole Milk Fresh Fruit	<b>AM SNACK</b> Peach Applesauce with Crackers  Fresh Fruit	<b>LUNCH</b> Lentil Penne Marinara  Fresh Vegetables	<b>PM SNACK</b> Vegan Queso Dip with Tortilla Chips  Fresh Fruit
	<b>BREAKFAST</b> Blueberry/ Cranberry Muffin  Fresh Fruit	<b>AM SNACK</b> Maple Rice Pudding  Fresh Fruit	<b>LUNCH</b> <ul style="list-style-type: none"> <li>Vegan Souvlaki                with                Greek Rice</li> </ul> Fresh Vegetables	<b>PM SNACK</b> Tropical Smoothie & Digestive Cookie  Fresh Fruit
	<b>BREAKFAST</b> Granola Bar  Fresh Fruit	<b>AM SNACK</b> Poached Pears with Vanilla Muffins  Fresh Fruit	<b>LUNCH</b> <ul style="list-style-type: none"> <li>Spaghetti with                Beyond Beef                Bolognese</li> </ul> Fresh Vegetables	<b>PM SNACK</b> Haystack Square  Fresh Fruit
	<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>Wow butter                and                Banana Smoothie</li> </ul> Fresh Fruit	<b>AM SNACK</b> <ul style="list-style-type: none"> <li>Cheese Biscuit</li> </ul> Fresh Fruit	<b>LUNCH</b> Sweet Potato Casserole  Fresh Vegetables	<b>PM SNACK</b> <ul style="list-style-type: none"> <li>Oatmeal Drops</li> </ul> Fresh Fruit
	<b>BREAKFAST</b> Pancakes with Fruit Compote  Fresh Fruit	<b>AM SNACK</b> Cherry Cheese Dip with Rice Crackers  Fresh Fruit	<b>LUNCH</b> <ul style="list-style-type: none"> <li>Cheese Burgers                With Vegetable                Veggies</li> </ul> Fresh Vegetables	<b>PM SNACK</b> <ul style="list-style-type: none"> <li>Black Bean                Brownies</li> </ul> Fresh Fruit

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Week 3








<b>M</b> 19	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Gluten Free Cereal Organic Whole Milk Fresh Fruit	Tropical Applesauce with Digestive Cookie Fresh Fruit	Thai Lo Mein Fresh Vegetables	Rice Pudding Fresh Fruit
<b>T</b> 20	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Carrot Ginger Muffin Fresh Fruit	Meat, Cheese & Crackers Fresh Fruit	Vegan Burrito Fresh Vegetables	Super Berry Smoothie & Arrowroot Cookies Fresh Fruit
<b>W</b> 21	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Berry Yogurt With Granola Fresh Fruit	Maple Biscuit Fresh Fruit	Mac & Cheese Fresh Vegetables	Chia Seed Fruit Pudding Fresh Fruit
<b>T</b> 22	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Raisin and Spice Oatmeal Fresh Fruit	Pumpkin Pudding Fresh Fruit	Chili Con Carne Fresh Vegetables	Wow Butter Biscuit Fresh Fruit
<b>F</b> 23	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Waffle & Turkey Sausage Fresh Fruit	Vanilla Yogurt Fresh Fruit	● Chicken Quesadillas Fresh Vegetables	Blueberry Muffins Fresh Fruit






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Week 4



<b>M</b> 26	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Gluten Free Cereal	Berry Applesauce	Chicken Fried Rice	Pumpkin Spice Muffin
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Vegetables
<b>T</b> 27	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Wow Butter & Jam Sandwich	Fruit Parfait	Vegan Stuffed Peppers	Chocolate Zucchini Cookie or Square
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
<b>W</b> 28	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Banana Oat Muffin	Watermelon Lassi	Beef Meatballs With Spaghetti & Spaghetti Sauce	Pita Bread with Tzatziki
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
<b>T</b> 29	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Strawberry Yogurt & Granola	Sweet Potato & Cranberry Puree	 Chickpea Noodles Soup & Dinner Roll	Strawberry Rhubarb Crumble Squares
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
<b>F</b> 30	<b>BREAKFAST</b>	<b>AM SNACK</b>	<b>LUNCH</b>	<b>PM SNACK</b>
	Scrambled Eggs & English Muffin	Tropica Pudding	Tofu Sticks with Vegetables Fries & Bun	Banana Bread
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit

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