



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 1	Home Style Chili Mac & Cheese w/ Peas & Carrots, served w/ Whole Wheat Bread	Chicken & Veg Stew, served with Roasted Potatoes	Beef Meatballs, w/ Mushroom & Onion Gravy, Served w/ Potato Wedges/ Sweet Pea & Corn	Butter Chicken, served on a bed of Basmati Rice, Accompanied by Mixed Veg	Home Made Minestrone soup, with Fresh Organic Spinach, winter Veg, served with Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 2	Cheese Stuffed Crescent Pasta, & Whole Grain Pasta, Rich & Zesty Heirloom Tomato Sauce, Diced Carrots & Peas	Beef Meatballs, w/ Tomato Gravy, Served w/ Couscous salad/ Sweet Pea & Corn	Winter Chicken Breast, w/ Gravy Served w/ Rice, Sweet Nibble Corn & Carrots	Paneer Masala, w/ Lentils, Tomatise, Red/ Green Swwet Pepers, Served with Basmati Rice & Nan	Tuskan Bean Soup, w/ five bean mix, Served with Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 3	Organic Rose Alfredo Sauce Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veg	Beef Meatballs w/ Gravy, Served w/ Savory Winter Rice & Quinoa, Organic Fresh Spinach & Sweet Corn	Chicken Alfredo, w/ Real Chicken Breast, Whole Grain Pasta, Served with Mixed Veg	Lightly Curried Chicken Drum Stick Roasted w/ Green & Red Peppers, Served w/ Basmati Rice, & Diced Baby Carrots	Homemade Alphabet Soup w/ Fresh Tomatoes, Organic Collards, and Pasta, Served w/ Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU

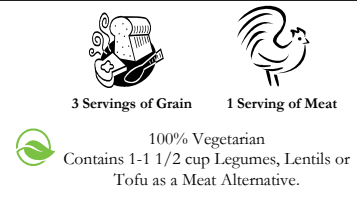
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 4	Organic Tomato Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veg	Roasted Chicken, & Sage Gravy, Fluffy Mashed Potatoes w/ & Corn & Spinach	Beef Meatballs in Mushroom Gravy, Served over a Bed of Rice Mixed Veg	Lightly Whole Grain Breaded Chicken Breast, Plum Sauce, Whole Wheat Bread, Baby Carrots & Kale	Nannies Chicken Soup, Fresh Seasonal Veg & baby Pasta, Served w/ Garlic Bread
	Fresh Honeydew 2% Milk	Fresh Oranges 2% Milk	Fresh Apples 2% Milk	Fresh Cantaloupe 2% Milk	Fresh Banana 2% Milk
	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU	Sp. Request: VEG OR SPECIAL OPTION PLEASE SEE SPECIALIZED MENU

TASTE **QUALITY** **AFFORDABILITY**



**Any Questions Please Call
416-951-4688**

*Fresh Fruit and Fresh Veg Are Based On Availability
 *Fresh Fruit May Include Apples, Oranges, Pears and Whole Melons, Bananas, Pineapple
 *Fresh Veg May Include Carrots, Cucumber Sticks, Celery and Green, Red or Yellow Peppers
 *Dark Green and/o or Dark Orange Vegetables offered Daily
 *Menu Approved by Registered Holistic Nutritionist
 *All portion sizes Meet and Exceed the Standards in the Day Nursery Act & Canadian Food Guide





CFG Daily Requirements

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
S N A A M C K S	Multi Grain Cheerios & Milk	Whole Grain Bagels Butter & Fresh Seasonal Fruit	Whole Grain English Muffin Jam Fresh Fruit	Crescent Rolls, Cream Cheese & Fresh Seasonal Fruit	Fluffy Pancakes served with Apple sauce
L U N C H	Home Style Chili Mac & Cheese w/ Peas & Carrots, served w/ Whole Wheat Bread Fresh Honeydew 2% Milk Sp. Request:	Chicken & Veg Stew, served with roasted Potatoes Fresh Apples 2% Milk Sp. Request:	Beef Meatballs, w/ Mushroom & Onion Gravy, Served w/ Potato Wedges/ Sweet Pea & Corn Fresh Oranges 2% Milk Sp. Request:	Butter Chicken, served on a bed of Basmati Rice, Accompanied by Mixed Veg Fresh Cantaloupe 2% Milk Sp. Request:	Home Made Minestrone soup, with Fresh Organic Spinach, Winter Veg, served with Garlic Bread Fresh Banana 2% Milk Sp. Request:
	<i>Alphabet Pasta in Beef & Tomato Sauce</i> Banana Homo Milk <i>Please see allergy menu for more options</i>	<i>Diced Southern Chicken</i> Melon Homo Milk <i>Please see allergy menu for more options</i>	<i>French style Diced Seasoned Chicken</i> Banana Homo Milk <i>Please see allergy menu for more options</i>	<i>Swedish Beef Meatballs</i> Rice Melon Homo Milk <i>Please see allergy menu for more options</i>	<i>Shredded Chicken Steamed Veg</i> Banana Homo Milk <i>Please see allergy menu for more options</i>
S N P A M C K S	Garlic Bread Served w/ Fresh Seasonal Veg	Granola Bars Fresh Seasonal Fruit	Raisin Bread with Butter & Fresh Seasonal Fruit	Baked Poato Hash Brown Fresh Fruit	Garden Veg Salsa, Whole Grain Nachos and Whole Wheat Pita



2 Servings of Dairy



4 Servings of Fruit & Veg



3 Servings of Grain



1 Serving of Meat

TASTE

QUALITY

AFFORDABILITY

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100% Vegetarian Contains 1-1 1/2 cup Legumes, Lentils or Tofu as a Meat Alternative.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
S N A A M C K S	Whole Grain Cereal	Waffles & Fresh Seasonal Fruit	Graham Crackers Yogurt & Fresh Fruit	Egg Pockets Fresh Fruit	Whole Grain English Muffin Butter Fresh Fruit
L U N C H	Cheese Stuffed Crescent Pasta, & Whole Grain Pasta, Rich & Zesty Heirloom Tomato Sauce, Diced Carrots & Peas Fresh Honeydew 2% Milk Sp. Request:	Beef Meatballs, w/ Tomato Gravy Gravy, Served w/ Couscous salad/ Sweet Pea & Corn Fresh Orange 2% Milk Sp. Request:	Winter Chicken Breast, w/ Cranberry Gravy Served w/ Rice, Sweet Nibble Corn & Carrots Fresh Apples 2% Milk Sp. Request:	Paneer Masala, w/ Lentils, Tomatise, Red/ Green Swwet Peppers, Served with Basmati Rice & Nan Fresh Cantaloupe 2% Milk Sp. Request:	Italian Wedding Soup, with Ribbons of Organic Collard & Fresh Spinach, Served with Garlic Bread Fresh Banana 2% Milk Sp. Request:
	<i>Alphabet Pasta in Beef & Tomato Sauce</i> Banana Homo Milk Please see allergy menu for more options	<i>Diced Southern Chicken</i> Melon Homo Milk Please see allergy menu for more options	<i>French style Diced Seasoned Chicken</i> Banana Homo Milk Please see allergy menu for more options	<i>Swedish Beef Meatballs</i> Rice Melon Homo Milk Please see allergy menu for more options	<i>Shredded Chicken Steamed Veg</i> Banana Homo Milk Please see allergy menu for more options
	Whole Wheat Crackers w/ Dip & Fresh Veg	Whole Grain Bagels Butter & Fresh Seasonal Fruit	Grill Cheese Fresh Seasonal Veg	Fresh Assorted Veg Home Made Hummus & Crackers	Whole Wheat Bread Butter Fresh Veg
S N P A M C K S					

CFG Daily Requirements



2 Servings of Dairy



4 Servings of Fruit & Veg



3 Servings of Grain



1 Serving of Meat

TASTE

QUALITY

AFFORDABILITY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
S N A A M C K S	Multi Grain Cheerios & Milk	English Muffin Jam Fresh Seasonal Fruit	Fresh Fruit Salad Yogurt	whole Grain Crescent Rolls, Cream Cheese & Fresh Seasonal Fruit	Whole wheat Waffles Apple sauce
L U N C H	Organic Rose Alfredo Sauce Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veg Fresh Honeydew 2% Milk Sp. Request:	Beef Meatballs w/ Gravy, Served w/ Savory Winter Rice & Quinoa, Organic Fresh Spinach & Sweet Corn Fresh Oranges 2% Milk Sp. Request:	Chicken Alfredo, w/ Real Chicken Breast, Whole Grain Pasta, Served with Mixed Veg Fresh Apples 2% Milk Sp. Request:	Lightly Curried Chicken Drum Stick Roasted w/ Green & Red Peppers, Served w/ Basmati Rice, & Diced Baby Carrots Fresh Cantaloupe 2% Milk Sp. Request:	Homemade Alphabet Soup w/ Fresh Tomatoes, Organic Collards, and Pasta, Served w/ Garlic Bread Fresh Banana 2% Milk Sp. Request:
	<i>Alphabet Pasta in Beef & Tomato Sauce Banana Homo Milk Please see allergy menu for more options</i> 	<i>Diced Southern Chicken Melon Homo Milk Please see allergy menu for more options</i> 	<i>French style Diced Seasoned Chicken Banana Homo Milk Please see allergy menu for more options</i> 	<i>Swedish Beef Meatballs Rice Melon Homo Milk Please see allergy menu for more options</i> 	<i>Shredded Chicken Steamed Veg Banana Homo Milk Please see allergy menu for more options</i>
S N P A M C K S	Whole Grain Bagels Butter & Fresh Seasonal Fruit	Whole Grain Rice Cakes Apple sauce	Potato Hash Browns Fresh Veg	Yogurt Cups or Tubs Fresh Fruit	Cheese & Crackers Fresh Seasonal Veg

CFG Daily Requirements



2 Servings of Dairy



4 Servings of Fruit & Veg



3 Servings of Grain



1 Serving of Meat

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
S N A A M C K S	Multi Grain Cheerios / w Milk	Raisin Bread Fresh Seasonal Fruit	Pancakes & Fresh Fruit	Egg Pockets & Fresh seasonal Fruit	Whole Grain Bagels Cream Cheese & Fresh Seasonal Fruit
L U N C H	Organic Tomato Sauce, w/ Whole Grain Pasta, Lightly Tossed w/ Fresh Basil and Garlic Pesto, Whole Wheat Bread & Mixed Veg Fresh Honeydew 2% Milk Sp. Request: 	Roasted Chicken, & Sage Gravy, Fluffy Mashed Potatoes w/ & Corn & Spinach Fresh Orange 2% Milk Sp. Request:	Beef Meatballs in Mushroom Gravy, Served over a Bed of Rice Mixed Veg Fresh Apples 2% Milk Sp. Request:	Lightly Whole Grain Breaded Chicken Breast, Plum Sauce, Whole Wheat Bread, Baby Carrots & Kale Fresh Cantaloupe 2% Milk Sp. Request:	Nannies Chicken Soup, Fresh Seasonal Veg & baby Pasta, Served w/ Garlic Bread Fresh Banana 2% Milk Sp. Request:
	<i>Alphabet Pasta in Beef & Tomato Sauce</i> <i>Banana</i> <i>Homo Milk</i> Please see allergy menu for more options	<i>Diced Southern Chicken</i> <i>Melon</i> <i>Homo Milk</i> Please see allergy menu for more options	<i>French style Diced Seasoned Chicken</i> <i>Banana</i> <i>Homo Milk</i> Please see allergy menu for more options	<i>Swedish Beef Meatballs</i> <i>Rice</i> <i>Melon</i> <i>Homo Milk</i> Please see allergy menu for more options	<i>Shredded Chicken Steamed Veg</i> <i>Banana</i> <i>Homo Milk</i> Please see allergy menu for more options
S N P A M C K S	Garlic Bread Served w/ Fresh Seasonal Veg	Yogurt with Graham Crackers Fresh Seasonal Fruit	Cheese Pieces Fresh Veg & Whole Wheat Crackers	Garden Veg Salsa, Whole Grain Nachos and Whole Wheat Pita	Fresh Assorted Veg Home Made Hummus & Crackers

CFG Daily Requirements



2 Servings of Dairy



4 Servings of Fruit & Veg



3 Servings of Grain



1 Serving of Meat

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