

november 2015 menu

Essex/ Hawthorne RFLC

3-day plan: mon, tues & wed



chicken meteorites

the real food promise



fresh from scratch everyday, including baked goods, dips, dressings & condiments!



whole grain products used throughout the menu.



globally inspired dishes.

sustainably grown & sourced from Ontario farms & Canadian coastlines:



- pasture-raised beef without added hormones or routine antibiotics.
- organic turkey.
- cage-free chicken.
- wild caught, Ocean Wise salmon & tuna.



dairy products & organic tofu.



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

we avoid:



artificial colours, flavours & preservatives.



GMOs (genetically modified organisms).



excess sugar & salt.

nut free kitchen shellfish & sesame-safe kitchen

	monday	tuesday	wednesday	thursday	friday
lunch	2 jerk chicken h: texan kidney beans yellow rice baby broccoli fresh fruit	3 new england chowdah h: coco-lentil soup croissant sweet corn fresh fruit	4 slow cooked beans brown & wild rice veggie rainbow fresh fruit	5 chicken alfredo h: pesto w/organic tofu & rice pasta pasta carrot salad fresh fruit	6 marinara beef meatballs h: coconut-tomato curry w/organic tofu couscous mini cucumbers fresh fruit
lunch	9 mexican beef burrito h: spinach & bean burrito whole wheat wrap sour cream roasted sweet potatoes fresh fruit	10 chickpea chowder organic quinoa cucumber salad fresh fruit	11 madagascar chicken h: sweet & sour organic tofu brown rice baby broccoli fresh fruit	12 tuna casserole h: organic tofu & rice pasta w/pesto pasta green peas fresh fruit	13 chicken & wild rice stew h: lentil stew whole wheat baguette romaine lettuce shredded carrots lemon-poppy seed dressing fresh fruit
lunch	16 chili chili bang bang couscous veggie rainbow fresh fruit	17 mediterranean chicken h: coco-lentil soup brown rice raw mini peppers fresh fruit	18 juicy beef meatballs h: lemongrass curry w/organic tofu basmati rice baby broccoli fresh fruit	19 caldereida fish h: white bean curry cornbread muffin sweet corn fresh fruit	20 bolognese w/organic tofu cheese tortellini carrot salad fresh fruit
lunch	23 chicken meteorites h: sunshine dahl red rice honey mustard sauce baby broccoli fresh fruit	24 masala fish h: red pepper quiche organic quinoa green peas fresh fruit	25 beef fagioli h: lentil bolognese whole wheat pasta mediterranean salad fresh fruit	26 pumpkin & bean burrito whole wheat wrap sour cream zucchini red pepper & corn fresh fruit	27 paprika chicken h: tangy organic tofu bites whole wheat focaccia baby spinach & root veggies salad apple cider vinaigrette fresh fruit

h = herbivore protein