

Taste the Food for Tots Difference - ALWAYS HEALTHY. ALWAYS DELICIOUS.

Our Spring/Summer Menu is Here! Our Healthylicious™ menus are full of healthy foods parents will feel good about and children will love. In this Menu we are adding bright colours and fresh flavours to celebrate the warm weather. And as always, we are including local fresh ingredients reminding you that spring has sprung!

With so many seasonal ingredients to choose from, we are looking forward to sharing them with you. See below for some of our menu highlights. All of our menus are served with seasonal fresh fruits, and we have four weeks of unique meals so there is always something new to try. **ENJOY!**



**Q: WHAT IS ARTISAN BREAD?**

**A: HANDCRAFTED, HEARTH-BAKED LOAVES USING CLEAN & SIMPLE INGREDIENTS.**

AM SNACK	MEAT ENTRÉE	VEGETARIAN ENTRÉE	FISH ENTRÉE	PM SNACK
<p><b>Organic Quinoa Crunchies</b></p> <p>Start the morning off with a splash of milk in a lightly sweetened quinoa cereal. This organic, nut-free crunch pairs perfectly with fresh fruit for a healthy start to your day.</p>	<p><b>New! Authentic Beef Curry</b></p> <p>This family favourite is full of flavour. The marinated tender beef is served with brown rice and seasonal vegetables. An entree that is truly packed with nutrients for growing bodies.</p>	<p><b>Tomato Mac &amp; Cheese</b></p> <p>Let's face it, macaroni and cheese will always be a favourite with kids! We have made our in house version a little healthier with the addition of locally grown tomatoes. Served with a super grain quinoa salad and fresh seasonal fruit.</p>	<p><b>Korean Style Tilapia</b></p> <p>A fish fillet marinated in a traditional Korean sauce, then baked until golden. Served with brown rice and a side of corn and peas.</p>	<p><b>New! Pineapple Banana Oatmeal Bar</b></p> <p>Our chefs have been busy creating a new twist on our classic banana oatmeal bar (BOB). We have added fresh pineapple to the combination of banana and oatmeal giving this sweet and healthy bar a tropical tang.</p>
<p><b>Organic Orange Cranberry Muffin</b></p> <p>Enjoy a healthy snack with a hint of sweetness. This egg/dairy and nut-free muffin is light and fluffy and bursting with citrus and cranberries. Perfectly paired with fresh fruit.</p>	<p><b>Asian Chicken and Rice</b></p> <p>This healthy tender chicken paired with rice is a winner. A full meal to keep your little ones energized for the rest of the day. Served with garden salad and fresh seasonal fruit.</p>	<p><b>New! Tofu Minestrone Soup</b></p> <p>This delicious and organic soup is packed full of vegetables and protein rich tofu and beans. Served with artisan Javaneh rolls and a fresh garden salad.</p>	<p><b>Crispy Fish Strips</b></p> <p>This kid-friendly dish is a smart choice with beneficial nutrients - rich in protein and vitamin B-12. This sustainable fish is lightly coated with an all natural whole wheat breading.</p>	<p><b>New! Artisan Focaccia Bread and Garbanzo Bean Dip</b></p> <p>Locally made artisan focaccia is baked using only a few simple ingredients. We pair this authentic handmade bread with our protein rich broccoli and bean dip.</p>

**Healthylicious™ in every bite.**



Local



Protein



Whole Grain



Homemade

Our local focus means we use local ingredients and products whenever possible in our menus.

We are adding more plant-based proteins to our menu to boost growth, strength, and brain power in our little ones.

85% of grains on our menu are whole wheat, whole grain, multigrain or organic.

All our lunches are made fresh daily by our Red Seal Chefs.

Serving **Healthy** and **Delicious** Food Children Eat!  
fft.ca | info@fft.ca  
905-752-8115

