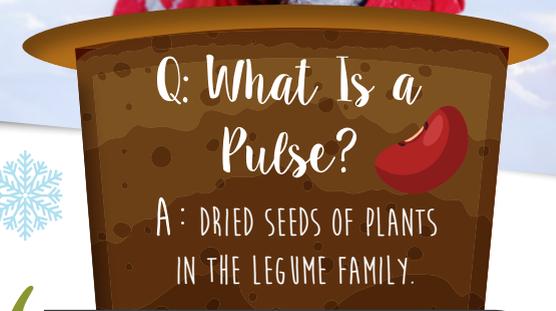




Our Fall/Winter 2017/2018 Menu is here! Our **Healthylicious™** menus are full of nutritious foods parents will feel good about and children will love. In this menu, we are celebrating the cold weather by adding more nutrient-rich plant based proteins, hearty root vegetables and organic seasonal baked goods. We always ensure each snack and meal is full of complete nutrition for growing bodies and minds.

We have four weeks of unique meals to share over this Winter season. We have focused on sourcing locally and Canadian made ingredients throughout, and are introducing some exciting new flavours. Below you will find some of our new menu highlights. **ENJOY!**



| AM SNACK  | MEAT ENTRÉE   | VEGETARIAN ENTRÉE  | FISH ENTRÉE  | PM SNACK   |
|---|---|--|--|--|
| <p><b>Organic Pumpkin Muffin</b></p> <p>This comforting morning snack is made with real organic pumpkin puree and is a good source of protein and fibre needed for all that snow play!</p> <hr/> <p><b>New! Granola Clusters with fresh fruit</b></p> <p>Made with rolled oats and brown rice, this nutritious and energy packed snack paired with fresh fruit, is the perfect way for the children to start their day.</p> | <p><b>New! Stuffed Pepper Casserole</b></p> <p>This creative dish was voted as a team favourite! It offers all the great flavours of a traditional Italian Stuffed Pepper but 'undone' in a casserole. Served with peas, corn and fresh fruit.</p> <hr/> <p><b>New! Chicken Creole Stew</b></p> <p>This hearty chicken dish is packed with veggies and whole grain pasta. A full meal to keep the children energized for the rest of the day. Served with diced carrots and fresh seasonal fruit.</p> | <p><b>New! Cheesy Bean Pasta Bake</b></p> <p>This mouthwatering meal is so rich in energy it will keep the children thriving throughout the day! The combination of cheeses give this dish its rich flavour. Served with green peas and fresh seasonal fruit.</p> <hr/> <p><b>New! Lentil Chili</b></p> <p>This hearty vegetarian chili is the perfect warming winter meal. Thanks to the addition of hearty lentils, it's packed with nutrients. Served with a French baguette and fresh fruit.</p> | <p><b>New! Barbecue Wild Alaskan Pollock Filet</b></p> <p>This dish was voted 'best' by the Food for Tots team! The home made barbecue sauce is baked on Wild Alaskan Pollock filet. Served with a side of nutrient dense quinoa and ancient grains, corn, and fresh fruit.</p> <hr/> <p><b>Lemon Wild Alaskan Pollock Filet</b></p> <p>Wild Alaskan Pollock filet baked in a fresh lemon seasoning and served with a side of nutrient dense quinoa, colourful mixed veggies (corn, carrots, peas, green beans) and fresh fruit.</p> | <p><b>Organic Spelt Ginger Snaps</b></p> <p>Made with organic whole spelt flour, these ginger snaps contain ancient grains, making it the perfect snack to boost the children's energy in the afternoon.</p> <hr/> <p><b>New! Apple Beet Loaf, Apple Cinnamon Dip</b></p> <p>The earthy flavour of the beets comes through in just the right amount to balance out the sweetness of fresh apples with the addition of cinnamon, making this snack into a Winter delight!</p> |



**Nutrition Tip:** The protein found in pulses compliments the protein found in whole grains, making this combination a high quality protein source for vegetarians. (E.g. Combining brown rice and lentils)

- Melissa Frankel, Food for Tots Registered Dietitian



## Healthylicious™ in every bite.



Whole grains, ancient grains and whole wheat products are included throughout the menu to ensure highest concentration of nutrients.



Sustainable Seafoods such as Wild Alaskan Pollock can be found throughout our menu.



Plant-based proteins like chickpeas, lentils and beans are rich in nutrients and can be found in many of our dishes.



Organic items are found in all Food for Tots' menus. This includes several organic baked items, cereals and tofu.

