



Our Fall and Winter 2018 Menu is here! Our menus are full of nutritious foods parents will feel good about and children will love. In this menu, we are celebrating the harvest season by adding more organic seasonal baked goods and root vegetables. We always ensure each meal and snack is full of complete nutrition for growing bodies and minds.

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



AM SNACK	MEAT ENTRÉE	VEGETARIAN ENTRÉE	FISH ENTRÉE	PM SNACK
<p>New! Cereal Banana Roll</p> <p>The kids can get involved in making this snack that offers kids a source of potassium, protein, and whole grains. Get the kids to spread apple butter on the banana and roll in granola to coat with crunchy goodness!</p> <p>.....</p> <p>Organic Carrot Muffin</p> <p>Did you know our muffins are made locally and contain flaxseeds? The carrots used in these muffins are grown in Ontario and are full of antioxidants.</p>	<p>New! Turkey Kale and White Bean Soup</p> <p>We have added kale to this soup as it is rich in vitamin K and calcium; nutrients which help children to boost kids immune system and keep their bones healthy.</p> <p>.....</p> <p>Caribbean Inspired Beef Stew</p> <p>This beef stew was voted as a team favourite! It offers all the great flavours of a traditional island beef curry and is served with brown rice and sunshine mixed vegetables.</p> <p>.....</p> <p>New! Ginger Chicken and Vegetables</p> <p>Chicken breast, Broccoli, green beans, carrots, mushrooms and peppers tossed in a ginger sauce and served over whole grain noodles.</p>	<p>Butternut Squash and Lentil Stew</p> <p>This hearty vegetarian stew is the perfect warming winter meal. Lentils are naturally low in sodium and add a healthy dose of fibre and protein to this satisfying plant-based dish.</p> <p>.....</p> <p>Cheddar Cheese Omelet</p> <p>We like to feature eggs on our menus as they contain all 9 essential amino acids (the building blocks of protein that must be obtained from food)! A well rounded meal that will keep the children energized for the rest of the day.</p> <p>.....</p> <p>Hearty Chickpea Curry</p> <p>Stay warm with this flavourful dish. The aroma is the ultimate crowd pleaser. Served with our locally made naan and a side of carrots and corn.</p>	<p>New! Panko Pollock</p> <p>Our chefs are whipping up panko-crusting Pollock from scratch to provide growing children with healthy unsaturated fats that support their development and appeal to their tastebuds.</p> <p>.....</p> <p>Breaded Wild Caught Alaskan Pollock Sticks</p> <p>Crispy omega rich (and sustainability caught) finger food that children will love! Served with ancient grains, peas, corn and fresh fruit.</p> <p>.....</p> <p>White Fish Bolognese</p> <p>Bolognese is a classic that kids love. This healthier version includes omega rich, white fish and is served with a side of cauliflower, carrots and broccoli.</p>	<p>Whole Wheat Blueberry Bran Loaf</p> <p>An all around delicious loaf that adds fibre and nutrition to boost the children's energy in the afternoon.</p> <p>.....</p> <p>Pumpkin Granola Round</p> <p>A simple, crunchy granola round that makes a great fall snack. Your kids get a yummy treat that their growing bodies will thank them for.</p> <p>.....</p> <p>Sweet Potato Crackers</p> <p>The sweet potato in this tasty snack offers children an excellent source of vitamin A, important for eye health.</p>

What's On the Menu?

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Whole grains, ancient grains and whole wheat products are included throughout the menu to ensure highest concentration of nutrients.
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Sustainable Seafoods such as Wild Alaskan Pollock can be found throughout our menu.
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Plant-based proteins like chickpeas, lentils and beans are rich in nutrients and can be found in many of our dishes.
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Organic items are found in all Food for Tots' menus. This includes several organic baked items and cereals.
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Ontario and Canadian Farmed Meats such as our chicken drumsticks and ground turkey can be found throughout our menu.
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Local Foods like hot vegetable sides and some of our seasonal fruits are included throughout our menu.
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Multicultural Flavours like Caribbean Beef Stew and Ginger Chicken and Vegetables can be found throughout our menu.

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