

Our Spring/Summer 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 warm weather with fresh flavours and bright colours.

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



AM SNACK	MEAT ENTRÉE	VEGETARIAN ENTRÉE	FISH ENTRÉE	PM SNACK
<p>New! Coconut Bites</p> <p>That morning fuel is going to come from these naturally sweetened energy bites that are packed with Vitamin E. Having a nutrient-rich snack that's low in sugar will ensure that the children's body has enough energy to last the day.</p> <p>.....</p> <p>New! Apple Cinnamon Flatbread</p> <p>This flatbread has cinnamon, raisins and apples! A breakfast snack filled with protein and fibre is a great start to their busy day!</p>	<p>Japanese Chicken and Rice "Bowl"</p> <p>This protein rich meal brings comfort and traditional taste to the table. Served with diced carrots and fresh fruit.</p> <p>.....</p> <p>New! Pineapple Chicken Drumstick</p> <p>Taste the burst of pineapple flavour on our locally farmed chicken drumsticks. So tender, it's ideal for those busy little hands. Served with peas, carrots, beans, corn and fresh fruit.</p> <p>.....</p> <p>Turkey Sloppy Joe</p> <p>Roll up your sleeves for this classic! Our lean, ground, locally farmed turkey is served on top of a whole grain bun and paired with crispy salad and fresh fruit.</p>	<p>New! Bean Burrito with Whole Wheat Wrap</p> <p>Packed with nutrients, this delicious wrap is a perfect choice to try on a 'Meatless Monday'. Served with carrots, green beans and fresh fruit.</p> <p>.....</p> <p>New! Veggie Burger</p> <p>Packed with protein, this vegetarian burger is wrapped up in a whole grain bun served with broccoli, cauliflower, carrots and fresh fruit. We're sure the children won't even be able to tell it's not meat!</p> <p>.....</p> <p>Organic Tofu Pad Thai</p> <p>Satisfy children's wanderlust without a plane ticket and send their taste buds flying with veggie Pad Thai instead! Served with broccoli, cauliflower, carrots and a serving of fresh fruit.</p>	<p>Tilapia Fish Filet with Ancient Grains</p> <p>Our Tilapia fish filet is filled with nutrients and protein, essential for the children's brain development. Served with broccoli and fresh fruit.</p> <p>.....</p> <p>Cod Fish Taco</p> <p>This breaded cod is sustainably farmed and wrapped in a whole grain wrap with tartar sauce. It's tasty and fun to eat! Served with garden salad and fresh fruit.</p> <p>.....</p> <p>Breaded Wild Alaskan Pollock Sticks</p> <p>Crispy omega rich finger food that children will love! Served with ancient grains, peas, corn and fresh fruit.</p>	<p>New! Pizza Bites</p> <p>Bite sized flatbread with fresh tomato sauce and a hint of olive oil and mozzarella. With only a handful of ingredients this snack is sure to satisfy parents as well as kids!</p> <p>.....</p> <p>Pita Pocket Hard Boiled Egg (Served Cold)</p> <p>Not only is this afternoon snack high in protein, it is also big on fun! Have them eat with their hands or smash them into the pita to make an egg pocket!</p> <p>.....</p> <p>Cheddar Cheese Cubes & Whole Grain Crackers</p> <p>Eat cheese and crackers, the healthy way! With nutrient-rich whole grains and locally made cheese, this snack is packed with delicious ingredients!</p>

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.



Ontario and Canadian Farmed Meats such as our Chicken and Turkey can be found throughout our menu.



Local Foods like hot vegetable sides and our organic tofu are included throughout our menu.

fft.ca | info@fft.ca | 905-752-8115

