



Organic Kids

CATERING™

SAMPLE OF MENU ITEMS

MONDAY	Organic Whole Grain Spaghetti in a Tomato Basil Sauce with Hand-made 100% Beef Meatballs	O	
	Organic Italian Salad with Balsamic Dressing	O	●
	Fruit of the Day: Organic Pears	O	
	Organic Milk	O	
	VEGETARIAN: Meatless Tofu in Fresh Basil Sauce		
TUESDAY	Herb-Roasted Chicken		
	Organic Rice Pilaf with Peas	O	●
	Steamed Baby Carrots		●
	Fruit of the Day: Pineapple	O	
	Organic Milk VEGETARIAN: Grilled Tofu		
WEDNESDAY	Breaded Filet of Sole		
	Organic Spring Vegetable Couscous	O	●●
	Polenta Square		
	Fruit of the Day: Organic Apples	O	
	Organic Milk	O	
THURSDAY	Free Range, Pasture-Raised Slow Cooked Roast Beef		
	Herb-Roasted Potatoes		
	Venetian-Style Vegetables & Organic Beans	O	●●
	Fruit of the Day: Organic Bananas	O	
	Organic Milk VEGETARIAN: Baked Bean Casserole	O	
FRIDAY	Vietnamese Vegetable Rice Noodle Soup		●●
	Chicken Breast Sandwiches on Rice Bread		
	Organic Tomato Wedges	O	
	Fruit of the Day: Organic Oranges	O	
	Organic Milk VEGETARIAN: 100% Cheddar Cheese Sandwich on Rice Bread	O	

VEGETARIAN DAY

GLUTEN FREE DAY

In Comparison To Other School Caterers, We Always Say YES To:

- The Most **Organic** Items
- The Most Farmed **Local** Items
- **Whole Grain** Products
- **Organic** Milk, Juices, Soy & Rice Flavoured Beverages
- 100% Transparency & Honesty
- The Most Variety & Choice of Hand-Selected **Organic** Fruits & **Organic** Vegetables
- Grade AAA Beef Products
- Fresh, Never Frozen, Grain-Fed, Air-Chilled Chicken.
- All Highlighted Items are **Organic**

We Always Say NO To:

- Exotic or Misleading Words and Statements known as "Green Washing"
- Terms such as
 - "Whenever Possible"
 - "Assume"
 - "May Contain"
 - or "Practically"

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O = Organic ● = Green Vegetables ● = Orange Vegetables