

MON	TUE	WED	THU	FRI
<b>Parmesan Tomato Ragu</b> 1 Lentil tomato sauce, Parmesan Cheese, Fusilli Pasta & Vegetable Medley, Fresh Baked Good  Vegetarian	<b>Rainbow Rice Bowl</b> 2 Beef Bulgogi, Rice, Carrots & Cucumber, Fresh Fruit  Vegetarian: Tempeh Bulgogi	<b>Build Your Own Chicken Nachos</b> 3 Pulled Chicken, Corn Salsa & Cheese, Fresh Fruit  Vegetarian: Black Bean Nachos	<b>Butter Chicken Curry</b> 4 Butter Chicken, Rice & Seasonal Vegetables, Fresh Fruit  Vegetarian: Chana Masala	<b>BBQ Lunch</b> 5 BBQ Chicken, Caesar Salad & Whole Wheat Bun, Fresh Baked Good  Vegetarian: BBQ Tofu Bites
<b>Cozy Comfort Mac &amp; Cheese</b> 8 Creamy Butternut Mac & Cheese, Edamame & Corn, Fresh Baked Good  Vegetarian	<b>Taco Time!</b> 9 Seasoned Beef Tacos in Soft Tortilla, Rice & Seasonal Vegetable, Fresh Fruit  Vegetarian: Refried Beans Taco	<b>Tropical Crunch Cod</b> 10 Coconut-Crusted Cod, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit  Vegetarian: Coconut Chickpea Curry	<b>Picnic Lunch</b> 11 Chicken & Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit  Vegetarian: Cocoa Sunbutter & Banana Sandwich	<b>Warm Persian Beef &amp; Carrots</b> 12 Beef & Carrots, Rice & Seasonal Vegetables, Fresh Baked Good  Vegetarian: Persian-Spiced Lentils with Carrots
<b>Breakfast for Lunch</b> 15 Scrambled Eggs & Crispy Hash Browns, Fresh Fruit, Fresh Baked Good  Vegetarian	<b>Hearty Pasta Bolognese</b> 16 Beef Bolognese over Pasta, Caesar Salad, Baked Good  Vegetarian: Lentil Bolognese	<b>Burger Day</b> 17 Turkey Burgers on Whole Wheat Bun, Crudit� Vegetables, Fresh Fruit  Vegetarian: Meatless Burger	<b>Sweet &amp; Sour Stir Fry</b> 18 Sweet & Sour Chicken, Rice & Broccoli, Fresh Fruit  Vegetarian: Sweet & Sour Tofu	<b>Shawarma Day</b> 19 Chicken Shawarma in Soft Pita, Romaine Salad, Fresh Baked Good  Vegetarian: Falafel
<b>Bagel Day</b> 22 Whole Wheat Bagel, Cottage Cheese Fruit Spread, Cucumbers, Fresh Baked Good  Vegetarian	<b>Meatball Madness</b> 23 Meatballs with Marinara Sauce, Pasta & Seasonal Vegetables, Fresh Fruit  Vegetarian: Cauliflower Quinoa Meatballs	<b>Baked Salmon Surprise</b> 24 Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit  Vegetarian: Lentil Croquette	<b>Maple Mustard Chicken</b> 25 Maple Mustard Glazed Chicken, Rice & Fresh Crudit�, Fresh Fruit  Vegetarian: Honey Mustard Tofu Fingers	<b>Chicken Alfredo</b> 26 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good  Vegetarian: White Bean Alfredo

## YUM THIS MONTH!

### It's Local Food Season!

Spring and summer bring some of Ontario's tastiest foods to our tables! As the weather warms up, fresh local fruits and vegetables begin to appear; from sweet, juicy strawberries to crisp cucumbers, colourful peppers, and crunchy carrots.

At Growing Chefs! Ontario, we love celebrating seasonal eating because local foods are picked at their peak ripeness, which means they're extra fresh, full of flavour, and packed with goodness for growing bodies. Eating with the seasons also helps children explore where food comes from and discover how delicious fresh, local ingredients can be.

Keep an eye on our menus, you'll start to see more Ontario-grown favourites popping up as the season unfolds!