



Breakfast

Baked Beans 	200 cal
Scrambled Tofu Breakfast Burrito  	290 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Sausage Patty	150 cal
Blueberry Pancakes 	120 cal
Sausage & Egg'r Sandwich	400 cal
Black Beans  	120 cal
Roasted Mushrooms  	40 cal
Home Fries with Peppers & Onions  	160 cal
White Steamed Rice  	80 cal
Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Raspberry Yogurt Muffin 	280 cal
Mini Cinnamon Swirl Danish	140 cal
Croissant 	90 cal

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 -12) need an average of 1,500 calories a day. However, individual needs vary.



Lunch

Farmer's Kitchen	Baked Honey Garlic Chicken  	190 cals
	Whole Roasted Sweet Potato  	370 cals
	Roasted Corn & Green Pepper   	110 cals
	Hamburger Slider	170 cals
	Grilled Vegetables  	70 cals
Pasta & Pizza	Baked Tortellini	320 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Chicken & Broccoli Pizza 	200 cals
Global Kitchen + Deli	Thai Red Pork Curry Stir Fry 	200 cals
	Thai Red Tofu Curry Stir Fry  	190 cals
	Jerk Chicken Wrap 	250 cals
	Spicy Goat Cheese & Veggie Sub	210 cals
Vegan Station	Butternut Squash Tikka Masala  	150 cals
	Vegan Mac 'N' Cheese 	400 cals
	Sautéed Vegetables  	40 cals
	Basmati Rice  	80 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Prairie Lentil Salad  	220 cals
	Tri-Colour Fusilli Pasta 	180 cals
Soups	Mushroom Cream Soup  	220 cals
	Chicken Noodle Soup  	140 cals
Bakery Items	Vegan Chocolate Cake  	160 cals
	Apple Bread Pudding 	90 cals
	Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 -12) need an average of 1,500 calories a day. However, individual needs vary.



Dinner

Farmer's Kitchen	Thai Turkey Meatloaf 	90 cals
	Cilantro Couscous 	130 cals
	Sesame Broccoli   	30 cals
	Korean BBQ Chicken Thighs 	80 cals
	Jasmine Rice  	100 cals
Pasta & Pizza	Mac 'n' Cheese 	460 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Chicken & Broccoli Pizza 	200 cals
Global Kitchen + Deli	Falafel Couscous Bowl 	330 cals
	Jerk Chicken Wrap 	250 cals
	Spicy Goat Cheese & Veggie Sub	210 cals
Vegan Station	Vegan Poutine Bar 	330 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Prairie Lentil Salad  	220 cals
	Tri-Colour Fusilli Pasta 	180 cals
Soups	Mushroom Cream Soup  	220 cals
	Chicken Noodle Soup  	140 cals
Bakery Items	Vegan Chocolate Cake  	160 cals
	Chocolate Zucchini Cake 	270 cals
	Brownie 	260 cals
	Chocolate Chip Cookie 	120 cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 -12) need an average of 1,500 calories a day. However, individual needs vary.