

Greens and Beans

Greens and Beans aim is to serve nutritiously prepared meals for children. We will offer delicious food that not only taste great, but is important for your child's learning, growth and energy levels while they are away from home. Our meals are freshly made with local products and not processed. We hope to help create healthy eating habits for their future. Allergy sensitive meals and special diets accommodated.



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What Will We Provide?

- Healthful meals made with local ingredients.
- Conveniently packaged for easy reheat and service.
- Prompt temperature sensitive delivery services.



Three Meal Package Options

A: Morning Snack (\$1.50/day)

B: Morning Snack and Lunch
(\$5.00/day)

C: Morning Snack, Lunch and Afternoon
Snack (\$6.50/day)



Menu

- Kid Friendly and Regional Cuisine
- Comfort food favorites - food you would prepare and serve in your home.
- Focusing on seasonal ingredients
- Unique homemade pastries
- Rotating Seasonal Dish of the week
- Consistent Menu with featured favorites



Balanced Meal

Each meal will have

- Nutritional balance
- The freshest of ingredients, with a rainbow of colors
- Use of alternative almond, coconut flours to optimize healthy ingredients
- No previously processed foods added

Sample Daily Menu

Morning Snack – Two fresh fruits (melon and apple), one fresh vegetable (cucumber), homemade sweet or savoury pastry (apple and cinnamon muffin or cheese and spinach scroll)

Lunch – Meatballs, mashed potatoes and steamed broccoli or Herb roasted chicken, rice and roasted vegetables or Sloppy Joe's on a whole wheat bun with a green salad

Afternoon Tea – Two fresh vegetables (cherry tomatoes and carrots), one fresh fruit (oranges), pita chips with hummus dip or banana walnut bread

**All meals will be produced with the freshest of local ingredients.
Lunch will be served hot and homemade.**

Sample of a 5 Day Weekly Theme

- Meatball Monday
- Turkey Tuesday
- Waffle/Pasta/Rice/Savoury Pie Wednesday
- Chicken Thursday
- Pizza and Salad Friday

Every lunch will include a vegetable, protein and carbohydrate.

Packaging/ Family Style/ Individual Portions

- Elegant & stylish porcelain bake ware
- Artistic wood serving plates
- Unique Serving Vessels
- Child safe throughout to prevent injury



Delivery days

Normal delivery times: daily early morning.