



S: Cold Alternate-GF/DF/Veg

FEATURE OF THE MONTH

Bake Works

Bake Works is a family run bakery in Vancouver. They provide us with Zac Attack fruit & oat bars and Dipperdoodle bars that are all natural; skipping the high-fructose corn syrup and artificial ingredients while also being whole grain rich. They source locally whenever possible, working with farmers and growers to source the highest quality fruits and grains available.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Lunch: (V, GF, DF) GF/DF Premium Protein Pack		3 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl		4 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg		5 Lunch: (V, GF, DF) DF Vegetarian Taco Salad		6 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack	
9 Lunch: (V, GF, DF) GF/DF Premium Protein Pack		10 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl		11 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg		12 Lunch: (V, GF, DF) DF Vegetarian Taco Salad		13 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack	
16 Lunch: (V, GF, DF) GF/DF Premium Protein Pack		17 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl		18 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg		19 Lunch: (V, GF, DF) DF Vegetarian Taco Salad		20 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack	
23 Lunch: (V, GF, DF) GF/DF Premium Protein Pack		24 Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl		25 Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg		26 Lunch: (V, GF, DF) DF Vegetarian Taco Salad		27 Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack	
30 Lunch: (V, GF, DF) GF/DF Premium Protein Pack									

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

S: Cold Alternate is an equal opportunity provider.