

SUGGESTIONS FOR LUNCH (DAIRY-FREE, EGG-FREE, PEANUT-FREE, NUT-FREE)

PASTA: TruRoots Penne (sold at Costco); Blue Menu (sold at Loblaw's) & Catelli 'Gluten Free' pastas

QUINOA: TruRoots Quinoa

BREAD: (President's Choice PC products may be purchased at Loblaw's, No Frills, Loblaw's Superstore)

- **DEMPSTER'S** 100% Whole Wheat Bread
- **PITA BREAK** Sandwich One Bun (multigrain); Whole Grain Pita Pockets; Just Minis Pitas (apple cinnamon, muesli, multigrain); Flax, Organic Whole Wheat, Multigrain, Morning Grains, Whole Wheat Grain, Morning Rounds (apple cinnamon cranberry-orange, muesli).
- **OLD MILL** 6 whole wheat bagels
- **CANADA BREAD COMPANY** Mini Croissants (24)
- **PRESIDENT'S CHOICE PC** extra thick sliced cinnamon bread with raisins, English style crumpets, 4 seed bagel, original bagels, **original & Blue Menu tortillas**
- **PRESIDENT'S CHOICE PC THINS** raisin cinnamon bagel, sliders mini multigrain round buns, whole grain white or multigrain round buns, whole grain long white buns
- **PRESIDENT'S CHOICE PC NO NAME** original 6 english muffins

PRODUCTS TO GO WITH SANDWICHES:

- **TOFURKY** vegetarian sandwich slices (Italian deli, hickory smoked, oven roasted) & Italian-Style Tofu Sausage - (sold at specialty section at Loblaw's/Whole Foods)
- **PILLER'S 'SIMPLY FREE'** sandwich slices (maple honey ham, black forest ham, shaved roast beef, hardwood smoked salami, turkey breast, turkey breast)
- **PILLER'S 'SIMPLY FREE'** Maple Sugar Smoked Ham; Pepperoni Sticks; Breakfast Smoked Ham
- Fruit-flavored jams
- **DAIYA** dairy-free Mozzarella and Cheddar shredded cheese; dairy-free cream cheese.
- **TOFUTTI** soy mozzarella flavored slices and soy American flavored slices (may be purchased at Metro or specialty section at Loblaw's); milk-free cream cheese & milk-free sour cream
- **YOSO** soy cream cheese & soy yogurt (sold in Loblaw's specialty section)
- **BECEL "VEGAN"** margarine (sold in major grocery chains)
- **GALAXY RICE "VEGAN"** block cheddar & mozzarella (sold in Loblaw's specialty section)
- **EARTH ISLAND "VEGAN"** gourmet mozzarella & original Vegemise (sold in Loblaw's specialty)
- **EARTH BALANCE (369g)** buttery flavour spreads (sold in specialty section at Loblaw's)
- **SAFE4SCHOOL WOWBUTTER** soy butter (sold in specialty section at Loblaw's and Whole Foods))
- **I.M. HEALTHY** soy butter (sold at Longo's)

HOT DOGS:

- **MAPLE LEAF'S 'ORIGINAL' TOP DOGS**
- **PILLER'S 'SIMPLY FREE'** Wieners; Bratwurst Sausages; Double-Smoked Sausages
- **LIFE CHOICE** All Beef
- **PITA BREAK** Hot Dog One Bun (multigrain)
- **DEMPSTER'S** Deluxe Sausage Buns White; Hot Dog White Buns; Hot Dog Whole Wheat Buns

HAMBURGERS:

- **M&M MEAT SHOPS** Angus/Lean Angus Beef Burgers (6 patties/package)
- **PITA BREAK** Sandwich One Bun (multigrain; 8 buns/pkg)
- **DEMPSTER'S** Hamburger Buns

DRESSING FOR SALADS OR DIPS:

- **RENÉE'S GOURMET VINAIGRETTE** Spring Herb Italian; Sweet Onion; Honey Dijon; Ravin' Raspberry; Pomegranate Blueberry Acai (sold in salad section of major grocery chains)

CRACKERS AND COOKIES:

- MELBA TOAST** Original, 60% Whole Wheat, Multifibre, Sesame
- PRESIDENT'S CHOICE PC** No Name honey graham wafers, mini chefs honey crunchy cubs graham Cookies; No Name Club Pack Crispy Rice Marshmallow Squares (8 or 40 pack)
- ENJOY LIFE** cookies, chewy bars, cereals, chocolate chips (sold at Loblaw's specialty & Whole Foods)
- WASA Crispbread** multigrain, hearty rye, fibre rye
- SWEETS FOR THE EARTH** gourmet chocolate chip cookie dough; cookies (chocolate chip & double chocolate); cakes (chocolate fudge & spiced carrot); cheesecakes (chocolate, wild blueberry, espresso) – (sold at Longo's)
- CHRISTIES** Ritz original/whole wheat and Ritz Munchables original pretzel crackers; **Wheat Thins** original or whole wheat; **Wheat Thin Stix** original, **Vegetable Thins**, **Premium Plus** original or whole wheat; **Triscuits original**; **Triscuits Thin Crisps** (rosemary and olive oil, balsamic and basil roasted tomato and olive oil, applewood smoked BBQ, original, cracked pepper and olive oil); **Arrowroot** biscuits, Honey Teddy Grahams; **Thinsations (100 Calories) 24 packs** in a box (contains Oreo and Chips Ahoy! Thin crisps); **Original Oreo**, **Double Stuf Oreo & Golden Oreo**, **Golden Oreo** cookies; **Snak Paks** (Soft Baked Chocolate Chip, Double Chocolate, & Oatmeal Chocolate Chip cookies – 6 pouches/180g bx, Teddy Grahams); **Mini Oreo & Mini Chips Ahoy** cookies (6 pouches/180g bx); **Chewy Chips Ahoy** Chocolate Chip & Double Chocolate; **Crispers** (BBQ, all-dressed)

"SOY" PUDDING:

- ZEN** chocolate & chocolate vanilla (sold in specialty section at Loblaws)
- SOYUMMI** chocolate & rice non-dairy (sold in specialty section at Loblaws)
- BELSOY** vanilla & chocolate (sold in specialty section at Loblaws & Longo's)

CEREAL:

- GENERAL MILLS** Cheerios **original**, Lucky Charms, Cinnamon Toast Crunch, Captain Crunch **original**
- KELLOGG'S** Rice Krispies, Corn Flakes, Froot Loops, Corn Pops
- POST** Sugar Crisp, Shreddies, Honeycomb

CHIPS:

- LAY'S/LAY'S STAX** Original, Lightly Salted, BBQ and Baked Original
- FRITOS** Original, lightly salted, BBQ, Honey BBQ Twists and Scoops
- RUFFLES** Regular, Lightly Salted, BBQ, All Dressed
- PRINGLES** Original, Lightly Salted, Multigrain, BBQ
- OLD DUTCH** Original
- FAT CATS GOLDEN PLANTAIN** snacks: salty, spicy, naturally sweet
- YUM YUM JULIENNES** Hickory Potato Sticks
- HUMPTY DUMPTY** Original, BBQ Ringolos, and Hickory Sticks
- HOSTESS** Regular and Hickory Sticks
- ROLD GOLD** Classic Style Pretzel sticks, Pretzel Twists and Tiny Pretzel Twists
- MUNCHOS** Potato Chips Original & BBQ
- PRESIDENT'S CHOICE** Pretzels & Pretzel Sticks (Loblaw's)
- PRESIDENT'S CHOICE PC BLUE MENU** Waffle Pretzels, Pretzel Braids, Alphabet Pretzels
- TOSTITOS** Rounds, Scoops, Multigrain, Restaurant Style
- CheeCha PUFFS**

OTHER SNACKS:

-ANY FRUIT AND VEGETABLES

- DOLE** fruit cups
- APPLESNAX** applesauce ; **MOTTS FRUITSATIONS** all flavours
- KELLOGG'S** pop tarts (raspberry, strawberry, blueberry flavor); Jumbo pop tarts (24 pack)
- ANGEGUARDIEN** foods (may be purchased at **Metro** and **Whole Foods**)
- KRAFT** snack pack **Jell-O**; snack pack **Juicygels**
- SUNMAID** raisins

CANDY:

- FLORIDA'S NATURAL** Pocket Fruit, Nuggets, Sticks
- TWIZZLERS** Nibs, Licorice, Pull n Peel, Twizzelators, Goodies
- STARBURST** Candies ; **SKITTLES** Candies ; **JOLLY RANCHERS** Candies ; **LIFESAVERS** Candies
- GUMMI CHOICE** Gummy Bears, Jujubes, Wine Gums, Fruit Slices, Gummy Berries, Sour Zingers, Peach Rings, Gummy Frogs, and Gummy Neon Worms
- MAYNARD'S** Gummy Bears, Blush Berries, Sour Chillers, Fuzzy Peach, Wine Gums, Swedish Berries, Sour Patch Kids, Swedish Fish, Sour Cherry Blasters, Sour Patch Kids Extreme, Sour Watermelons, Granny Smith
- MIKE N IKE** Candies
- PRESIDENT'S CHOICE NO NAME** Twists ; Fruit Bars, Bits, Sour Worms, Watermelon Rings, Gummy Worms, Peach Rings, Chewy Bears
- SUNRYPE** Gummies and Fruit-to-go
- BETTY CROCKER** Fruit by the Foot, Fruit Gushers, and Gummy Fruit Snack Characters (Scooby-doo, Dora, Spiderman, Cars)
- CHRISTIES WELCH'S** Fruit Snacks
- MOTTS FRUITSATIONS** Gummies ; **SUNKIST** Gummies ; **LIFESAVERS** Gummies
- DEL MONTE** Fruit Twists
- FLORIDA'S NATURAL** Nuggets & Sticks
- PRESIDENT'S CHOICE AUSSIE-STYLE** Soft & Chewy Candy; Soft & Chewy Licorice
- TIC TAC** Mint, Orange
- MENTOS** Mint, Fruit
- KRAFT** Jet-puffed Marshmallows

RICE CAKES:

- LA BISCOTTE** rice cakes
- LUNDBERG** brown rice organic rice cakes (may be purchased in **specialty section at Loblaws**)

POPCORN: **SKINNY POP** (sold at Loblaws and Costco);

- ORVILLE REDENBACHER'S** Gourmet Popcorn: **Lime & Salt** Flavour (8 mini bags/pkg);
Sweet & Salty Flavour Kettlecorn (145g bag)
- JAMIE'S CRACKED CORN** Kettle Corn: **Sweet & Salty** Flavour; **Maple Syrup** Flavour (200g bag)

CHICKPEAS: the **GOOD** bean

DRINKS:

- Water, **SOY**-milk, Juice

- *Please note:** 1) All foods must **NOT** contain any dairy including "milk", "casein", "whey", "lactose".
2) Product ingredients change over time; therefore, labels **MUST** be read carefully **EACH** time.

FROZEN DESSERTS (DAIRY-FREE, EGG-FREE, PEANUT-FREE, TREE NUT-FREE)

1. SORBET (sold at all major food chains)

- **CHAPMAN'S (2L tub)**: Rainbow, Orange, and Raspberry flavors

2. POPSICLES/FREEZIES

- **MR. FREEZE** Jumbo Freeze Pops (70 X 150mL)
- **PRESIDENT'S CHOICE NO NAME** Jumbo Freeze Pops (50/bx); Ice Pops (30/bx);
Space Pops (30/bx)
- **KISKO** Giant freezies (40 variety combo packs per box); Nice 'N Juicy freezies
- **CHAPMAN'S Super Lolly** Assorted Ice Pops (18/bx), Stealth Rocket (18/bx), Rocket (18/bx);
L'il Lolly Fruity Ice Pops (28/bx): sold at all major food chains
- **MOTT'S FRUITSATIONS** Freeze Pops: sold at all major food chains
- **WELCH'S** 100% Juice Blend Ice Bars: sold at all major food chains
- **LUIGI'S Real Italian Ice** (Lemon & Strawberry)

3. ICE CREAM ("SOY-BASED" NON-DAIRY frozen dessert; 946mL tub)

- **SO DELICIOUS Dairy Free**: vanilla, chocolate, neopolitan (sold in **Loblaws'** specialty section)

4. "CONES"

- **NO NAME** Ice cream cups: 36 cups/box (sold at **Loblaw's**)
- **PRESIDENT'S CHOICE** Waffle bowls, Waffle cones, Jumbo waffle cones (sold at **Loblaw's**)
- **WESTERN FAMILY** Rainbow, Jumbo and Waffle cones; Sugar cones (sold at **Longo's**)
- **KEEBLER** Waffle Cones and Bowls (sold at **Longo's**)

5. ICE-CREAM SANDWICHES ("SOY-BASED"):

- **TOFUTTI Cuties**: vanilla, chocolate, neopolitan, cookies 'n cream flavors, mint chocolate chip (sold at **Loblaw's**, **Longo's**, and **Whole Foods**)

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