

SEPTEMBER- DECEMBER



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nourishing bright futures



# CONNECTED



## NEWSLETTER

MONTHLY UPDATES,  
HIGHLIGHTS AND NEWS

## COMMUNITY

NOURISHING BODY  
AND MIND TOGETHER

## WELLNESS

TIPS AND PROGRAMS  
FOR HEALTHY LIVING

# Welcome Back



We proudly welcomed students and staff to our new school account with a fresh menu, grab-and-go options, baked station treats, and snacks. Our professional team, dressed in crisp white uniforms, created a warm welcome with messaging displayed across signage and digital screens.



# DAILY *Menu*

Our daily menu offered a wide variety of fresh, healthy choices with a strong focus on locally grown ingredients. We celebrated food diversity by introducing cultural themed days, encouraging balanced eating while creating an inclusive, engaging dining experience students and staff enjoyed every day.



# YOUR ALLERGY POINT OF CONTACT

Allergy awareness was a top priority for our team. We strengthened communication by adding Chef Frederic's contact information as the dedicated person in charge, ensuring students, staff, and families had a clear, trusted point of contact for any allergy-related questions, concerns, or special dietary needs.



**FOOD ALLERGY?**  
ASK BEFORE YOU EAT!

MEET YOUR  
PERSON - IN CHARGE  
FOR GUEST-RELATED ALLERGEN  
QUESTIONS

At this unit, we prioritize your safety and satisfaction. To ensure you always know who to reach out to for any questions or concerns, please take note of our person in charge:



Executive Chef Manager: Frederic Pouch  
[Frederic.Pouch@compass-canada.com](mailto:Frederic.Pouch@compass-canada.com)



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# EAT TO COMPETE PROGRAM

This October, Chartwells' Culinary and Nutrition Team visited St. John Paul II and hosted a Sports Nutrition Pop-Up where students learned how to power their performance through smart fueling! They enjoyed a homemade electrolyte drink and energy bars while discovering the importance of pre- and post-game nutrition in staying energized, hydrated, and ready to perform at their best.





# SHOWTIME

In October, Regional Chef Ryan Dona visited the school and featured his ShowTime Calzone, engaging students with a chef-led experience while highlighting culinary creativity, quality ingredients, and fresh flavours prepared on site.



# THANKSGIVING CELEBRATION

We celebrated Thanksgiving with a festive menu, warm flavours, and seasonal favourites, bringing students and staff together to enjoy gratitude, comfort, and community.

FRIDAY OCTOBER 10<sup>th</sup>



**Roasted Turkey  
with Stuffing,  
Roots and Mashed  
Potatoes**  
\$ 9.99

**Mac & Squash with  
Vegetables**  
\$ 6.99



# HAPPY HALLOWEEN

We celebrated Halloween with a special themed menu, festive decorations, and creative team costumes, creating a fun, engaging dining experience that brought school spirit, excitement, and seasonal flair to students and staff alike





# CULTURAL DAYS

Throughout the semester, we celebrated cultural diversity by introducing a variety of global cuisines, including Indian, Polish, Italian, and French dishes, allowing students and staff to explore new flavours, appreciate different cultures, and enjoy an inclusive dining experience that reflected our diverse school community.



# Fall OPEN HOUSE

We proudly participated in the Fall Open House, welcoming prospective families with warm hospitality, engaging food offerings, and a positive dining experience that reflected our commitment to quality, service, and community connection.



# CHRISTMAS LUNCH

Christmas lunch was celebrated with festive catering, comforting flavours, and warm hospitality, with Board members proudly serving the food, creating a joyful and welcoming atmosphere for the school community.



# A TASTE OF CHRISTMAS

We celebrated the season with a festive Christmas special menu featuring apple crumble with lemon custard tarts, chocolate chip cookies, mini madeleines, macarons, passion fruit beignets, shrimp cocktail, and refreshing fruit punch—thoughtfully prepared to create a joyful, elegant, and memorable holiday dining experience for our school community.



# OUR COMMITMENT TO SUSTAINABILITY

Our commitment to sustainability was highlighted through monthly plant-based protein features, including Lentil Day. Students sampled flavourful dishes such as eggplant and lentil curry, encouraging environmentally responsible choices, reducing our carbon footprint, and showing how plant-forward meals can be both nutritious, delicious, and satisfying.



## ECO EXPLORERS

### TASTE, TOSS LESS AND RECYCLE RIGHT!



Did you know plastic  
hurts animals  
and nature, Alex?



That's awful, Leo.  
Let's stop using  
plastic bags.



Throughout the semester, we introduced the Eco Explorers campaign through digital screens, sharing monthly sustainability messages focused on reducing food waste, encouraging recycling, promoting local sourcing, and inspiring environmentally responsible everyday choices.

# RECIPE OF THE SEASON

## HOME MADE GINGERBREAD SQUARES

### Ingredients

- All Purpose Shortening 256 g
- Granulated Sugar 511 g
- Cage Free Liquid Egg, Ultra 240 mL
- Fancy Molasses 600 mL
- All Purpose Flour 993 g
- Ground Cinnamon 28 mL
- Ground Ginger 28 mL
- Baking Soda 20 mL
- Kosher Salt 20 mL
- Low Fat Buttermilk 840 mL
- All Purpose Shortening 26 g

### Directions

1. Cream first amount of shortening and sugar.
2. Add eggs and molasses. Mix until well combined. Note: Fresh whole eggs can be substituted with liquid egg 1 large egg = 50 mL (50 g) liquid egg 1 medium egg = 44 mL (44 g) liquid egg
3. Combine flour, baking soda, cinnamon, ginger and salt.
4. Alternately add buttermilk and flour mixture to egg mixture. Mix until just combined.
5. Grease sheet pan(s) with second amount of shortening. Pour batter in each pan. Bake in a 350°F (180°C) oven for 30 minutes. Cut each sheet pan 7 x 10





IT'S OUR PLEASURE  
TO NOURISH YOU!

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