

Lunch

| Spring | Summer | Fall | Winter |
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| Cookin' Greens Spinach or Kale sushi rolls with brown or short grain white rice, cooked frozen shrimp or baby scallops and flavoured mayonnaise | Cookin' Greens Kale used in a Salade Niçoise with tuna, olives, tomatoes, hard boiled eggs | Cookin' Greens Kale or Spinach in a split pea soup with smoked ham chunks | Cookin' Greens Kale in slow baked beans with smoked ham, onions and carrots |
| Cookin' Greens Kale, Spinach or Rapini and feta tart with cherry tomatoes | Cookin' Greens Kale in a linguine with clams pasta dish made with white wine, garlic, sea salt and olive oil | Cookin' Greens Kale or Spinach in cabbage soup with, eggplant, stock and barley | Cookin' Greens Kale, Spinach or Rapini quiche with, bacon or turkey, cheese, and broccoli |
| Your favourite Cookin' Greens tuna melt with tomato slices and cheese on whole grain bread | Your favourite Cookin' Greens with soba noodles ginger, sesame oil, cucumber, peanuts and mint | Your favourite Cookin' Greens in a pita with teriyaki chicken, sprouts and tofu in an Asian dressing | Your favourite Cookin' Greens in wraps on flour tortillas, pita bread or panini using olive oil, garlic and sea salt sautéed along with fixings such as: cold cuts, cheeses, sliced or grilled vegetables, chicken or egg salad, tuna, curried vegetables, teriyaki beef, or falafel balls |
| Cookin' Greens Spinach in an Asian chicken salad with cooked chicken, sprouts, soy, nuts, cilantro and crisp veggies in an Asian-style vinaigrette dressing | Cookin' Greens Spinach mixed into pork sliders stuffed with Ontario cheddar cheese | Cookin' Greens Spinach or Kale simmered with cornmeal dumplings, sprinkled with grated parmesan | Cookin' Greens Spinach home-made ravioli with cheese, garlic and lemon zest ricotta |
| Your favourite Cookin' Greens Greek Salad using olives, feta and cherry tomatoes dressed with vinaigrette | Cookin' Greens Kale on top of an asparagus, and goat's cheese pizza or flat bread with sun dried tomatoes | Your favourite Cookin' Greens in a curry with golden onions and cashews | Your favourite Cookin' Greens in risotto with ricotta and lemon zest |
| Your favourite Cookin' Greens crepes filled with cheese, veggies and ham or turkey | Cookin' Greens Rapini and provolone cheese grilled sandwiches/panini | Cookin' Greens Designers Mix in a Ratatouille with tomatoes, onions, eggplant, zucchini and peppers | Your favourite Cookin' Greens stuffed potatoes, cubed ham, green onions, sour cream and melted cheese |
| Cookin' Greens Spinach or Designer's Mix in egg salad with pickles, celery and mayo | Cookin' Greens Spinach Florentine Quiche with tomato, parsley, cheese | Your favourite Cookin' Greens salad with a Roquefort cheese dressing | Cookin' Greens Spinach or Designers Mix Tacos with crumbled ground beef/pork, your favourite spices, hot sauce, shredded cheese and shredded lettuce |