

Food Services

HNMCs, in partnership with Chartwells, is proud to provide a lunch programme that focuses on health, wellness, and on-trend foods that the girls will look forward to each day. They will have a variety of hot meals to choose from, freshly prepared sandwiches, soup and salads, plus a sweet treat and naturally infused flavoured waters. Vegetarian/vegan options are available daily.

Daily offerings will include:

- 1 Entrée + 2 Sides (starch/veg) + Dessert + Infused Water, **OR**
- 1 Sandwich + Choice of Soup or Salad + Dessert + Infused Water

Chartwells menus are thoughtfully designed by their expert chefs and dietitians, and are in alignment with Canada's Food Guide principles and always emphasize the following:

- **Scratch-Cooked Meals:** At Chartwells, they take a scratch-cooking approach that ensures they never sacrifice quality or taste. They cook with purposeful ingredients while using healthy cooking methods and natural flavour enhancers such as herbs, citrus, and vinegars.
- **Fruits and Vegetables:** Chartwells emphasizes variety in their vegetable and fruit selections to support the diners' nutrient needs. Every meal features vegetables or fruit, and fruit is often available as a snack or dessert.
- **Whole Grains:** Whole grains are often the default choice of grains in menu development, so our menus are rich in options such as quinoa, brown rice, oats, whole-wheat pasta, and breads.
- **Meat and Alternatives:** All meals, including vegetarian options, include a protein source. The primary protein sources are either lean or plant-based, including poultry, fish, tofu, lentils, and beans.
- **Limited Highly Processed Foods:** By preparing meals from scratch with whole ingredients and natural flavour, they minimize the use of highly processed foods and effectively cut down on excess sugar and sodium in each meal.

Packed lunches will be made available for students on school trips/sporting events. Both HNMCs and Chartwells take food allergies/sensitivities very seriously and make every effort to ensure all meals are free from common allergens. Please complete the form in [PowerSchool](#) to ensure we have the most up to date information for your child.

Please visit the [Dine On Campus](#) website where you can find weekly/monthly menus in addition to all nutritional, allergen, and dietary information for the full menu.