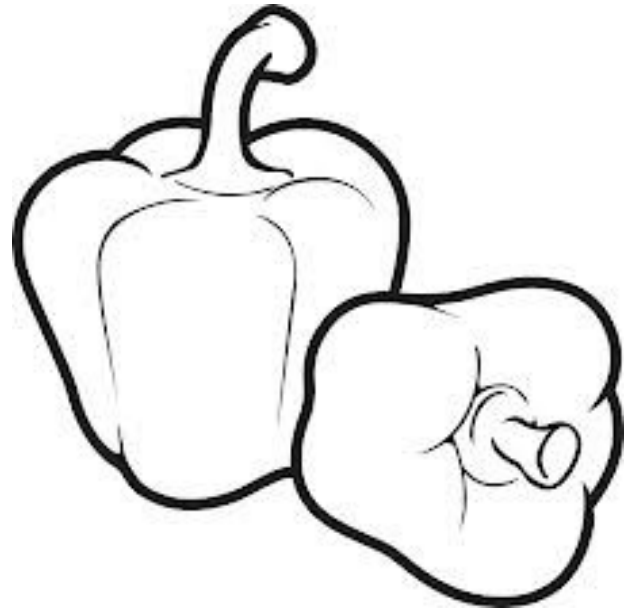
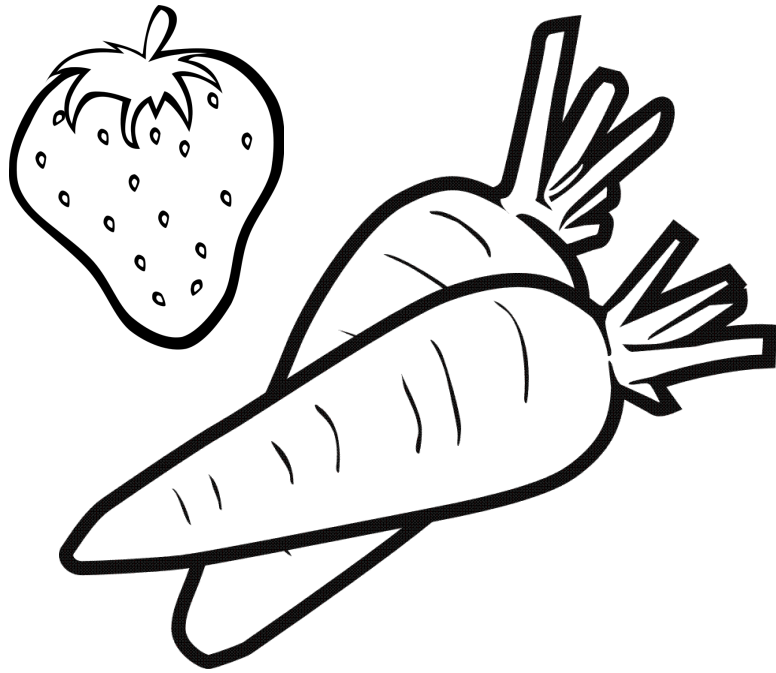


Colouring Patch



"GROWING CHEFS" MENU

2 (or maybe 3) Course

\$10

Starter

daily soup

or

fresh vegetables and ranch

Main course

fresh linguini tomato sauce
& garlic bread

grass fed mini burger
w/ fries or salad

tortilla crunch chicken fingers and bbq sauce
w/ french fries

1 piece cod & chips

mac n' cheese
w/ fresh vegetables

salt & pepper chicken wings
w/ early harvest potato & vegetables

pacific salmon w/ early harvest potato
& vegetables

Flip this page IF you eat all your dinner

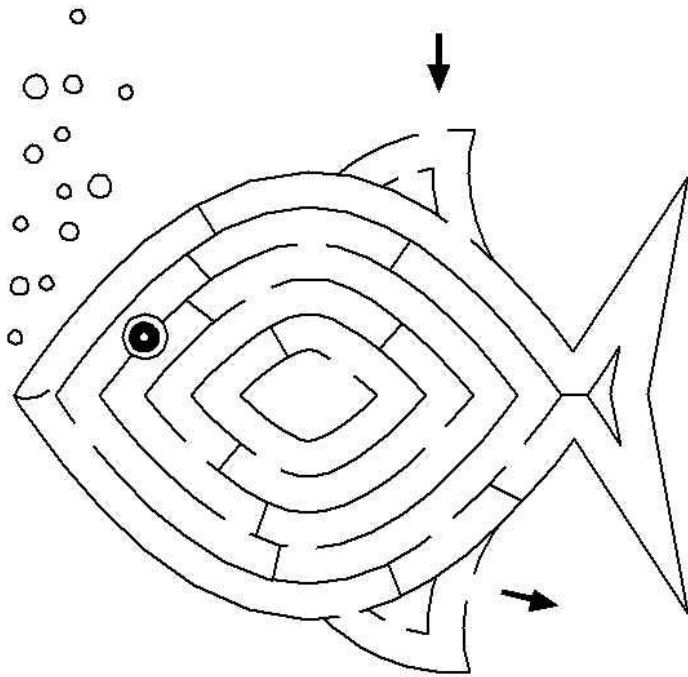
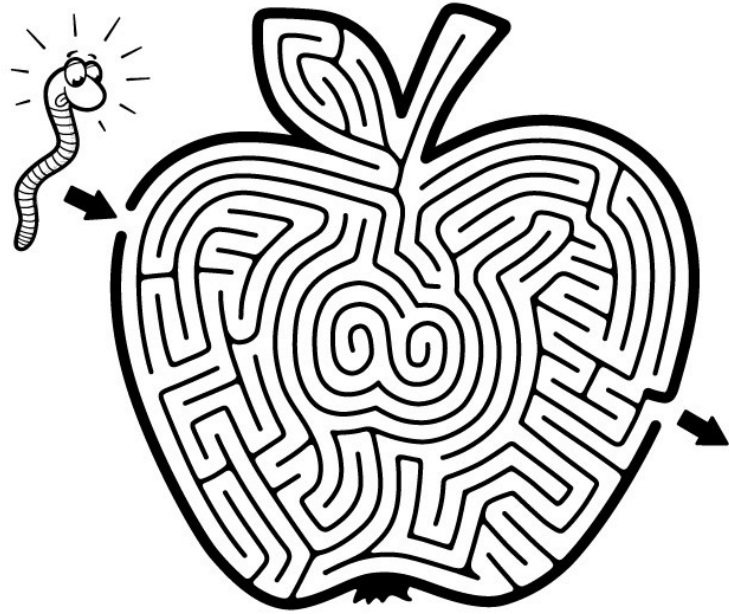
Pier 73
Restaurant

Veggie Word Search

C	A	U	L	I	F	L	O	W	E	R
A	T	C	O	R	G	I	N	G	E	R
P	O	S	N	C	A	M	N	D	E	C
S	M	P	I	L	C	E	E	E	N	K
I	A	I	O	A	A	E	Y	B	B	R
C	T	D	N	B	R	I	N	J	A	L
U	O	E	N	T	R	P	E	D	E	A
M	U	S	H	R	O	O	M	N	T	C
U	W	R	D	O	T	R	G	E	L	H
C	U	C	U	M	B	E	R	P	E	R

Can YOU Find These Words?

Tomato
Cucumber
Carrot
Ginger
Onion
Mushroom
Cauliflower
Lime



**IF
YOU EAT
ALL
OF YOUR
DINNER THEN.....**

fruit salad or ice cream!!!

**but you must eat ALL of
your dinner**



Growing Chefs is a program run by chefs for Children's Urban Agriculture in elementary schools to get kids excited about growing, cooking and eating healthy food.

Our chefs work with children from James McKinney Elementary School in Richmond BC between the ages of 5 & 7. We teach them about healthy eating, urban agriculture, as well as knowing where your food comes from, trying new food, and of course.... growing at your own home!!!!

\$1 from every Pacific Salmon (on the adults menu) sold goes to Growing Chefs to help promote healthy living & knowledge about food amongst the next generation!