

26 August 2025

Lauremont School
500 Elgin Mills Rd. East
Richmond Hill, ON

We are committed to offering a high quality, fresh, delicious meal options that meet the needs of the Lauremont School community. A registered dietitian is a trained food and nutrition expert licensed to provide evidence-based nutrition advice to support individuals and communities in meeting their nutrition needs. Lauremont School fall 2025 menus at the upper and lower schools have been dietitian reviewed and approved based on the following criteria:

- Nutritional quality based on Canada's Food Guide principles
- Incorporating local and seasonal ingredients in scratch home-style cooking, as much as possible
- Variety of ingredients and healthful cooking methods
- Balanced and colourful meals
- Options that align with community needs, including vegetarian, no gluten, no dairy and nutritious kid-friendly options

cc. Lisa Botelho, Regional Manager

Sincerely,

A handwritten signature in blue ink that reads "Clare Barker".

Clare Barker
Registered Dietitian
Registration #15830