

fuelling healthy futures™



carrot & flax fish

the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:



organic or raised without antibiotics poultry, pasture-raised beef without added hormones or routine antibiotics*
**some exceptions may apply to accommodate religious needs*



dairy products & organic tofu



local fruits & veggies prioritized



- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

	monday	tuesday	wednesday	thursday	friday
am snack	2 whole grain squares milk	3 melon apple-cinnamon morning round	4 go bananas cereal milk	5 applesauce carrot muffin	6 hard boiled egg brioche bite
lunch	🌿 sri lankan chicken 🌿 white bean curry quinoa sweet corn	🌿 chili chili bang bang basmati rice steamed carrots shredded cheddar	🌿 beef burger 🌿 chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad	🌿 tuna & salmon pasta bake 🌿 tomato-lentil sauce w/chickpea spirals red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	🌿 bolognese w/organic tofu whole grain rotini mini broccoli
pm snack	apple cucumber onion bread cream cheese	pear inf: apple-mango-beet purée baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	mango apple sourdough crackers inf: organic crispbread crackers beany basil dip	orange banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	9 apple brown rice cakes organic raspberry fruit spread	10 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	11 cinnamon granola inf: go bananas cereal milk	12 orange raisin & seed oatie	13 cinnamon granola inf: apple pie snacking rounds milk
lunch	🌿 chickpea chowder brown rice green beans inf: steamed green beans	🌿 provençal fish filet 🌿 red pepper quiche sweet potato mash green peas	🌿 trinidadian curry beef 🌿 trinidadian curry tofu quinoa green peas & carrots	🌿 chickpea crusted chicken meteorites 🌿 falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	🌿 vegetarian pasta bake cucumber
pm snack	strawberry-rhubarb sauce tomato bruschetta roasted red pepper loaf	banana apple organic crispbread crackers hummus	pineapple orange mini organic lemon cookies inf: mini-moon biscuit milk	banana apple whole wheat raisin bread maple soft cheese	apple baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa

🌿 = herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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lunch 2

march 2026 menu

	monday	tuesday	wednesday	thursday	friday
am snack	16 whole grain squares milk	17 orange brioche bite	18 go bananas cereal milk	19 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	20 apple cranberry-orange morning round
lunch-march break	chick-a-noodle soup beany noodle soup focaccia slice sweet corn	burrito bowl black beans in salsa yellow rice sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	happy nowruz carrot & flax fish spinach quiche onion bread cuke & tomato shirazi salad inf: cucumber	mac'n cheese veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain penne cucumber
pm snack	pear inf: apple-mango-beet purée	apple	mango	orange	banana
am snack	melon apple pie snacking rounds	bell pepper inf: sweet potato- bell pepper purée	mini pizza frena bun marinara sauce shredded cheddar	apple apple beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	23 applesauce brioche bite	24 kiwi whole wheat raisin bread apple butter	25 cinnamon granola inf: apple pie snacking rounds milk	26 mango whole wheat blueberry scone	27 cinnamon granola inf: go bananas cereal milk
lunch	jerk chicken texan kidney beans basmati rice green peas	sunshine dahl mini potatoes inf: whole wheat pita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée cucumber raita	chicken & wild rice stew lentil & mushroom stew whole wheat roll bell pepper inf: sweet potato & bell pepper purée	masala fish mushroom quiche quinoa green beans inf: steamed green beans	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée
pm snack	apple	banana	orange	apple	orange
pm snack	cheddar or mozzarella cheese cracked wheat crackers	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots sundried tomato pasta salad	pear inf: applesauce whole wheat mini bagel red pepper hummus

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milk and/or water are offered at meals and snacks