

fuelling healthy futures™



squash-coconut soup

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	1 apple brown rice cakes organic raspberry fruit spread	2 pear inf: apple-mango-beet purée honey yogurt inf: plain yogurt	3 cinnamon granola inf: go bananas cereal milk	4 orange whole wheat blueberry scone	5 go bananas cereal milk
lunch	garbanzo bean tajine quinoa green beans inf: steamed green beans	provençal fish filet red pepper quiche sweet potato mash green peas	filipino beef giniling chili chili bang bang basmati rice sweet corn	chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	mac'n cheese cucumber
pm snack	strawberry-rhubarb sauce tomato bruschetta roasted red pepper loaf	banana apple organic crispbread crackers hummus	pineapple orange coconut & chia cookies inf: mini-moon biscuit milk	banana apple whole wheat raisin bread maple soft cheese	orange baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa
am snack	8 whole grain squares milk	9 orange brioche bite	10 go bananas cereal milk	11 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	12 apple cinnamon & chia oatmeal
lunch	soup & sammie hummus & cheddar cheese slice multigrain pita bun squash-coconut soup	burrito bowl bean burrito filling yellow rice green peas sour cream	carrot & flax fish spinach quiche focaccia slice coleslaw inf: blended coleslaw	vegetarian pasta bake veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain penne cucumber
pm snack	apple melon apple pie snacking rounds	pear inf: pear-blueberry purée bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	pineapple mini pizza frena bun marinara sauce shredded cheddar	orange apple cocoa-zucchini loaf	banana baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip

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

milk and/or water are offered at meals and snacks

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am snack	15 mini strawberries cheddar or mozzarella cheese	16 kiwi whole wheat raisin bread apple butter	17 go bananas cereal milk	18 pineapple raisin & seed oatie	19 cinnamon granola inf: go bananas cereal milk
lunch	groovy organic chicken meatballs groovy falafel bites multigrain pocket bun green peas	white bean curry basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée	beef & tomato pumpkin & beans whole wheat roll bell pepper inf: sweet potato & bell pepper purée	masala fish mushroom quiche quinoa green beans inf: steamed green beans	mac'n cheese brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée
pm snack	orange greek salad inf: sweet potato-carrot purée folded basil loaf	banana egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	orange apple vanilla maple yogurt inf: plain yogurt	banana cucumber sundried tomato pasta salad	orange apple whole wheat mini bagel red pepper hummus
am snack	22 whole grain squares milk	23 melon apple-cinnamon morning round	24 go bananas cereal milk	25 banana-spinach sauce lemon cranberry muffin	26 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese quinoa green peas & carrots	tomato-spinach frijoles mini potatoes inf: whole wheat pita shredded cheddar steamed carrots	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	vegetarian pasta bake red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	ratatouille w/organic tofu whole grain rotini mini broccoli
pm snack	orange cucumber onion bread cream cheese	banana bell pepper inf: steamed green beans brown rice cakes spinach-organic tofu dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	itty bitty mango bites clementine pita crackers inf/tod: organic crispbread crackers beany basil dip	pineapple, melon & orange banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana

= herbivore protein **inf/tod** = infant/toddler substitute
 = seasonal special

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