real food for real kids™

fuelling healthy futures™

lunch 2

november 2026 menu



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
- commited 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** pear inf: applesauce cheddar or mozzarella cheese	**3** kiwi whole wheat raisin bread apple butter	**4** cinnamon granola inf: go bananas cereal milk	**5** apple whole wheat mini bagel cream cheese	**6** go bananas cereal milk
lunch	**paprika chicken** **curried lentils** quinoa green beans inf: steamed green beans apple	**sunshine dahl** basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée banana	**chicken & wild rice stew** **pumpkin chana curry** quinoa bell pepper inf: sweet potato-bell pepper purée orange	**masala fish** **mushroom quiche** yellow rice green peas & carrots clementine	**vegetarian pasta bake** red cabbage & spinach salad maple samurai vinaigrette inf: sweet pea-kale purée banana
pm snack	greek salad inf: sweet potato-carrot purée folded basil loaf	**egg wrap** whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	pineapple whole wheat blueberry scone	cucumber ginger-soy noodles w/edamame inf: ginger-soy noodles	**diwali mango lassi** vanilla maple yogurt inf: plain yogurt mango sauce apple
am snack	**9** whole grain squares milk	**10** melon müesli morning round	**11** banana-spinach sauce banana muffin	**12** go bananas cereal milk	**13** hard boiled egg brioche bite
lunch	**sri lankan chicken** **white bean curry** brown rice green peas apple	**chili chili bang bang** mini potatoes inf: whole wheat pita shredded cheddar steamed carrots pear inf: apple-mango-beet purée	**beef burger** **chickpea patty** multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad orange	**skipjack tuna mac'n cheese** **tomato-lentil sauce w/chickpea spirals** red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée apple	**ratatouille w/organic tofu** whole grain rotini mini broccoli orange
pm snack	cucumber organic crispbread crackers cream cheese	bell pepper inf: steamed green beans chickpea crisps inf/tod: organic crispbread crackers dilly dip	**yogurt parfait** honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	itty bitty mango bites brown rice cakes beany basil dip	**banana roll up** whole wheat wrap inf: multigrain pocket bun cocoa hummus banana

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

milk and/or water are offered at meals and snacks

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am snack	**16** apple brown rice cakes organic raspberry fruit spread	**17** pear inf: pear-blueberry purée vanilla maple yogurt inf: plain yogurt	**18** cinnamon granola inf: go bananas cereal milk	**19** pear inf: apple-mango-beet purée raisin & seed oatie	**20** go bananas cereal milk
lunch	**chickpea chowder** quinoa green peas blueberry sauce	**provençal fish filet** **red pepper quiche** sweet potato mash green beans inf: steamed green beans banana	**beef & barley stew** **lentil & mushroom stew** brown rice sweet corn pineapple	**chickpea crusted chicken meteorites** **falafel bites** whole wheat wrap inf: multigrain pocket bun napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet pea-kale purée orange	**mac'n cheese** cucumber banana
pm snack	tomato bruschetta roasted red pepper loaf	apple onion bread red pepper hummus	orange coconut & chia cookies inf: mini-moon biscuit milk	apple whole wheat raisin bread maple soft cheese	baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa
am snack	**23** whole grain squares milk	**24** orange brioche bite	**25** go bananas cereal milk	**26** **super smoothie** vanilla maple yogurt inf: plain yogurt mango purée banana	**27** apple whole wheat pita cream cheese
lunch	**three sisters soup** onion bread green beans inf: steamed green beans pear inf: apple-mango-beet purée	**burrito bowl** **black beans in salsa** yellow rice sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée apple	**carrot & flax fish** **spinach quiche** focaccia slice coleslaw inf: blended coleslaw itty bitty mango bites	**vegetarian pasta bake** veggie rainbow inf: mini broccoli orange	**beef bolognese** **lentil bolognese** whole grain penne cucumber banana
pm snack	**mini pizza** frena bun marinara sauce shredded cheddar	bell pepper inf: sweet potato-bell pepper purée cracked wheat crackers dill soft cheese	melon apple pie snacking rounds	apple pumpkin loaf	snap peas & carrots inf/tod: roasted sweet potatao brown rice cakes golden miso dip

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= seasonal special

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