

fuelling healthy futures™



trinidadian curry beef

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 chicken 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	4 organic multigrain squares milk	5 applesauce raisin & seed oatie	6 pear inf: apple-banana purée cheddar or mozzarella cheese	7 diced melon organic quinoa crunchies	8 organic super O's cereal milk
lunch	 tomato-spinach frijoles red & white quinoa green peas & carrots	 masala fish chili chili bang bang wheat bun veggie rainbow inf: mini broccoli	 beef bolognese lentil bolognese whole grain penne steamed carrots	 chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
	orange	pineapple	banana	apple	orange
pm snack	apple brown rice cakes cocoa chic'pea spread	cheddar or mozzarella cheese whole wheat wrap inf: multigrain rocket bun ranch dressing w/organic tofu	baby carrots & broccoli inf/tod: cucumber cracked wheat crackers hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat blueberry scone
am snack	11 go bananas cereal milk	12 orange müesli morning round	13 organic multigrain squares milk	14 pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	15 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	 sri lankan chicken white bean curry focaccia slice sweet corn	 sunshine dahl brown & red rice green peas & carrots	 chickpea crusted chicken meteorites  falafel bites sweet potato mash napa cabbage & spinach salad caesar dressing w/organic tofu inf: cucumber	 soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup	 trinidadian curry beef  trinidadian curry tofu quinoa baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: apple-banana purée
	apple	pear inf: apple-banana purée	banana	apple	orange
pm snack	applesauce blueberry purée cocoa-beet loaf	yogurt parfait vanilla maple yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	apple tortilla crisps inf/tod: brown rice cakes tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip

 = herbivore protein inf/tod = infant/toddler substitute

no whole egg menu to accommodate severe allergies milk and/or water are offered at meals and snacks

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am snack	18 organic super O's cereal milk	19 apple organic quinoa crunchies	20 cheddar or mozzarella cheese brioche bite	21 honey yogurt inf: apple-banana purée cranberry-orange morning round	22 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain penne green peas	provençal fish filet loco lima beans brown rice steamed carrots	bean burrito bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	mac'n cheese baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée
pm snack	pear inf: apple-banana purée	banana	apple	kiwi	apple
am snack	apple coco-cocoa cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	crunchy green beans & baby carrots inf/tod: steamed green beans cheddar bites	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana
lunch	25 orange pumpkin loaf	26 cinnamon granola inf: organic strawberry granola milk	27 apple whole wheat raisin bread organic raspberry fruit spread	28 go bananas cereal milk	29 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana
pm snack	apple	orange	banana	pear inf: apple-banana purée	apple
lunch	groovy organic chicken meatballs groovy falafel bites whole wheat roll green peas	bolognese w/organic tofu whole grain penne steamed carrots	carrot & flax fish sunshine dahl onion bread green beans inf: steamed green beans	white bean curry quinoa mini broccoli	beef & bean chili chili chili bang whole wheat pita brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack	baby carrots inf/tod: soft carrots cracked wheat crackers hummus	melon raisin & seed oatie	pineapple pita crackers inf/tod: brown rice cakes tomato salsa	apple cinnamon bun snacking round	cucumber brown rice cakes beany basil dip

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