

fuelling healthy futures™



white bean curry

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	2 organic multigrain squares milk	3 apple cheddar bites	4 applesauce apple pie snacking rounds	5 pineapple, melon & orange organic quinoa crunchies	6 organic super O's cereal milk
lunch	sunshine dahl brown rice green peas & carrots cucumber raita pear inf: apple-banana purée	masala fish chili chili bang bang wheat bun veggie rainbow inf: mini broccoli orange	marinara beef meatballs marinara falafel bites whole grain penne steamed carrots banana	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw sour cream apple	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: pumpkin-red lentil purée kiwi
pm snack	apple cracked wheat crackers cocoa chic'pea spread	cheddar or mozzarella cheese whole wheat wrap inf: whole wheat pita ranch dressing w/organic tofu	baby carrots inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat mini bagel sunbutter*
am snack	9 go bananas cereal milk	10 orange cranberry-orange morning round	11 organic multigrain squares milk	12 applesauce apple cinnamon loaf	13 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown rice sweet corn apple	white bean curry focaccia slice mini broccoli kiwi	chicken caesar bowl chickpea crusted chicken meteorites falafel bites basmati rice crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée banana	trinidadian curry beef trinidadian curry tofu onion bread green beans inf: steamed green beans orange	vegetarian pasta bake cucumber apple
pm snack	baby carrots inf/tod: soft carrots brioche bite red pepper hummus	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	pineapple tortilla crisps inf/tod: multigrain rocket bun tomato salsa	apple cracked wheat crackers maple soft cheese	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes spinach-organic tofu dip

= herbivore protein inf/tod = infant/toddler substitute

* YMCA centres will receive cream cheese

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

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am snack	16 go bananas cereal milk	17 melon organic quinoa crunchies	18 cheddar or mozzarella cheese brioche bite	19 organic multigrain squares milk	20 apple vanilla maple yogurt inf: organic quinoa crunchies
lunch	beef burrito mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain pocket bun green peas strawberry sauce	provençal fish filet loco lima beans basmati rice steamed carrots orange	black bean pocket black beans in salsa multigrain pocket bun sweet corn sour cream apple	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad diced melon	vegetarian pasta bake napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée banana
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	pear inf: apple-banana purée chickpea crisps inf/tod: cracked wheat crackers red pepper hummus	orange cinnamon bun snacking rounds
am snack	23 orange apple-cinnamon morning round	24 cinnamon granola inf: organic multigrain squares milk	<p>25 26</p> <p>Happy Holidays!</p>		27 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée apple
lunch	beef bolognese lentil bolognese whole grain penne green peas apple	festive feast roasted chicken w/groovy gravy white bean curry potato mash steamed carrots banana			chickpea chowder brown rice green peas & carrots pear inf: apple-banana purée
pm snack	baby carrots inf/tod: cucumber cracked wheat crackers beany basil dip	holiday treat gingerbread kids inf: mini moon biscuit melon milk			cheddar or mozzarella cheese brown rice cakes

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