

fuelling healthy futures™



tuna & salmon pasta bake

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	3 organic multigrain squares milk	4 melon apple-cinnamon morning round	5 go bananas cereal milk	6 banana apple-beet loaf	7 hard boiled egg brioche bite
lunch	sri lankan chicken white bean curry wheat bun green peas	sunshine dahl basmati rice steamed carrots cucumber raita	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad	bolognese w/organic tofu whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli
pm snack	apple cucumber onion bread roasted garlic hummus	pear inf: apple-mango-beet purée crunchy green beans & baby carrots inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	apple mango tortilla crisps inf/tod: brown rice cakes dill saucy dipz	banana pear inf: orange cracked wheat crackers beany basil dip
am snack	10 orange müesli morning round	11 apple vanilla maple yogurt inf: plain yogurt	12 cinnamon granola inf: organic quinoa crunchies milk	13 banana raisin & seed oatie	14 organic super O's cereal milk
lunch	chickpea chowder focaccia slice green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa steamed carrots	meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	beef & bean chili chili chili bang bang onion bread sweet corn	vegetarian pasta bake cucumber
pm snack	strawberry sauce greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	banana orange brown rice cakes cocoa chic'pea spread	orange applesauce coco-cocoa cookie inf: mini-moon biscuit milk	pear inf: apple-banana purée apple whole wheat raisin bread cream cheese	apple baby carrots inf/tod: soft carrots chickpea crisps inf/tod: cracked wheat crackers dill saucy dipz

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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lunch 1

march 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	17 go bananas cereal milk	18 orange organic quinoa crunchies	19 cinnamon granola inf: organic multigrain squares milk	20 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	21 apple cranberry-orange morning round
lunch	burrito bowl mexican beef burrito filling bean burrito filling quinoa green peas pear inf: apple-banana purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream beet & carrot matchsticks, baby spinach apple cider vinaigrette inf: sweet potato-carrot purée apple	happy nowruz carrot & flax fish spinach quiche brown rice new! w/dill & parsley cuke & tomato shirazi salad new! inf: pumpkin-red lentil purée mango	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli orange	mac'n cheese cucumber banana
pm snack	applesauce cinnamon bun snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	cheddar bites new! sourdough crackers inf: whole wheat pita	apple cocoa-beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper hummus
am snack	24 pear inf: apple-banana purée cheddar or mozzarella cheese	25 kiwi whole wheat raisin bread organic blueberry fruit spread	26 organic super O's cereal milk	27 mango whole wheat blueberry scone	28 cinnamon granola inf: go bananas cereal milk
lunch	jerk chicken texan kidney beans sweet potato mash sweet corn apple	chili chili bang bang quinoa shredded cheddar red cabbage & spinach salad balsamic dressing inf: pumpkin-red lentil purée orange	chicken & wild rice stew lentil & mushroom stew whole wheat roll bell pepper inf: apple-mango-beet purée banana	carrot & flax fish spinach quiche brown rice green beans inf: steamed green beans pear inf: apple-banana purée	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée apple
pm snack	tomato bruschetta cracked wheat crackers	egg salad wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg dill saucy dipz	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots pita crackers inf/tod: brown rice cakes red pepper hummus	fruit pizza frena bun cocoa chic'pea spread banana

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