



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

october 2026 menu

monday		tuesday	wednesday	thursday	friday
am snack	5 pear inf: applesauce cheddar or mozzarella cheese	6 kiwi whole wheat raisin bread organic raspberry fruit spread	7 go bananas cereal milk	8 apple whole wheat mini bagel cream cheese	9 cinnamon granola inf: go bananas cereal milk
lunch	madagascar chicken curried lentils potato mash green peas & carrots apple	sunshine dahl basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée banana	beef & bean chili chili chili bang bang quinoa bell pepper inf: sweet potato- bell pepper purée orange	masala fish mushroom quiche whole wheat roll red cabbage & spinach salad maple samurai vinaigrette inf: sweet pea-kale purée banana	friendsgiving feast groovy organic chicken meatballs white bean curry cranberry bread green beans inf: steamed green beans orange
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	apple vanilla maple yogurt inf: plain yogurt	cucumber ginger-soy noodles w/edamame inf: ginger-soy noodles	pineapple whole wheat blueberry scone

am snack	12 Happy Thanksgiving 	13 melon apple-cinnamon morning round	14 banana-spinach sauce raisin & seed oatie	15 go bananas cereal milk	16 hard boiled egg brioche bite
lunch		chili chili bang bang basmati rice shredded cheddar steamed carrots pear inf: pear-blueberry purée	chicken burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad orange	marinara organic turkey meatballs marinara falafel bites whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée apple	skipjack tuna mac'n cheese tomato-lentil sauce w/chickpea spirals mini broccoli orange
pm snack		apple cracked wheat 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
 = seasonal special

milk and/or water are offered at meals and snacks



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lunch 1

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	monday	tuesday	wednesday	thursday	friday
am snack	19 apple brown rice cakes organic raspberry fruit spread	20 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	21 cinnamon granola inf: go bananas cereal milk	22 pear inf: apple-mango-beet purée raisin & seed oatie	23 go bananas cereal milk
lunch	chickpea chowder mini potatoes inf: whole wheat pita green peas mango sauce	provençal fish filet red pepper quiche quinoa 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	vegetarian pasta bake cucumber banana
pm snack	tomato bruschetta roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini cocoa 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	26 whole grain squares milk	27 orange brioche bite	28 go bananas cereal milk	29 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	30 apple whole wheat pita cream cheese
lunch	three sisters soup onion bread green beans inf: steamed green beans pear inf: pear-blueberry purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée apple	carrot & flax fish spinach quiche yellow rice coleslaw inf: blended coleslaw itty bitty mango bites	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli orange	mac'n cheese cucumber banana
pm snack	snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip	bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple pumpkin loaf	halloween treat melon pumpkin cocoa swirl cookie inf: mini-moon biscuit milk

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