real food for real kids™

fuelling healthy futures™

lunch 1

december 2026 menu


chick-a-noodle soup

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	**30** pear inf: applesauce cheddar or mozzarella cheese	**1** kiwi whole wheat raisin bread apple butter	**2** go bananas cereal milk	**3** pineapple whole wheat blueberry scone	**4** cinnamon granola inf: go bananas cereal milk
lunch	**mumbai 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	**gong bao chicken** **gong bao tofu** quinoa bell pepper inf: sweet potato-bell pepper purée orange	**masala fish** **mushroom quiche** multigrain pocket bun green beans inf: steamed green beans clementine	**vegetarian pasta bake** (new!) cruciferous crunch mix 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	apple vanilla maple yogurt inf: plain yogurt	cucumber sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus
am snack	**7** whole grain squares milk	**8** melon cranberry-orange morning round	**9** banana-spinach sauce carrot muffin	**10** go bananas cereal milk	**11** hard boiled egg brioche bite
lunch	**pollo cacciatore** **lentil bolognese** brown rice green peas apple	**tomato-spinach frijoles** quinoa shredded cheddar steamed carrots pear inf: pear-blueberry purée	**chicken burger** **chickpea patty** multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad orange	**bolognese w/organic tofu** 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	cucumber onion bread cream cheese	bell pepper inf: steamed green beans sourdough crackers inf: organic crispbread crackers spinach-organic tofu 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	**14** apple brown rice cakes organic raspberry fruit spread	**15** pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	**16** cinnamon granola inf: go bananas cereal milk	**17** apple raisin & seed oatie	**18** go bananas cereal milk
lunch	garbanzo bean tajine yellow rice green peas strawberry-rhubarb sauce	provençal fish filet red pepper quiche quinoa green peas & carrots banana	beef & bean chili chili chili bang bang brown rice sweet corn pineapple	sheet pan greek chicken (it's back!) navy beans w/spinach whole wheat wrap inf: multigrain pocket bun cruciferous crunch mix tzatziki inf: sweet pea-kale purée orange	holiday meal groovy organic chicken meatballs white bean curry potato mash green beans inf: steamed green beans banana
pm snack	tomato bruschetta roasted red pepper loaf	apple organic crispbread crackers hummus	baby carrots inf/tod: orange chickpea crisps inf/tod: cracked wheat crackers tomato salsa	pear inf: apple-mango-beet purée whole wheat raisin bread maple soft cheese	holiday treat apple ❄mini shortbread cookies inf: mini-moon biscuit milk
am snack	**21** whole grain squares milk	**22** orange brioche bite	**23** go bananas cereal milk	**24** super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	**25** ~~25~~ Happy Holidays
lunch	chick-a-noodle soup beany noodle soup onion bread green beans inf: steamed green beans pear inf: pear-blueberry purée	bean burrito filling 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	chickpea chowder quinoa veggie rainbow inf: mini broccoli orange	
pm snack	mini pizza frena bun marinara sauce shredded cheddar	baby carrots inf/tod: kiwi cracked wheat crackers dill soft cheese	melon apple pie snacking rounds	apple cocoa-zucchini loaf	

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❄ = seasonal special

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	monday	tuesday	wednesday	thursday	friday
am snack	~~28~~	29 kiwi whole wheat raisin bread cream cheese	30 go bananas cereal milk	31 pineapple whole wheat blueberry scone	1
lunch	Boxing Day	sunshine dahl whole wheat pita baby romaine ranch dressing w/organic tofu inf: pumpkin-red lentil purée pear inf: pear-blueberry purée	provençal fish filet loco lima beans quinoa green beans inf: steamed green beans orange	beef & bean chili chili chili bang bang whole wheat roll bell pepper inf: sweet potato-bell pepper purée banana	Happy 2027!
pm snack		egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt	cucumber cracked wheat crackers cream cheese	

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The holiday hustle calls for a little mealtime help...



Through our partnerships with **Spatula Foods** & **Mama Earth Organics**, families can enjoy four of Real Food for Real Kids' most-loved meals at home: **Mac'n Cheese**, **Chicken Curry with Basmati Rice**, **White Bean Curry with Basmati Rice** and **Chicken Meatballs with Carrot Gravy & Potato Mash**. Not sure where to order from?

Spatula Foods ***(spatulafoods.com)*** offers a wide range of delicious, flash-frozen meals to have on standby for those evenings when cooking takes a backseat. **Get 50% off your first order with code REALFOODLAUNCH.**

Need a hand with the holiday grocery list? **Mama Earth Organics** ***(mamaearth.ca)*** delivers grocery boxes filled with thoughtfully sourced, high-quality ingredients that support local farmers. **Enjoy 50% off your first 3 produce boxes with code REALFOOD.**

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