

fuelling healthy futures™



squash-coconut 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
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>1</b> apple brown rice cakes organic raspberry fruit spread	<b>2</b> pear inf: apple-mango-beet purée honey yogurt inf: plain yogurt	<b>3</b> cinnamon granola inf: go bananas cereal milk	<b>4</b> orange whole wheat blueberry scone	<b>5</b> go bananas cereal milk
<b>lunch</b>	<b>garbanzo bean tajine</b> mini potatoes inf: whole wheat pita green beans inf: steamed green beans	<b>provençal fish filet</b> <b>red pepper quiche</b> quinoa green peas	<b>filipino beef giniling</b> <b>chili chili bang bang</b> basmati rice sweet corn	<b>chicken fajita</b> <b>curried lentils</b> whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	<b>mac'n cheese</b> cucumber
<b>pm snack</b>	strawberry-rhubarb sauce  tomato bruschetta roasted red pepper loaf	banana  apple organic crispbread crackers hummus	pineapple  orange coconut & chia cookies inf: mini-moon biscuit milk	banana  apple whole wheat raisin bread maple soft cheese	orange  baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa
<b>am snack</b>	<b>8</b> whole grain squares milk	<b>9</b> orange brioche bite	<b>10</b> go bananas cereal milk	<b>11</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt mango purée banana	<b>12</b> apple cinnamon & chia oatmeal
<b>lunch</b>	<b>soup &amp; sammie</b> <b>hummus &amp; cheddar cheese slice</b> multigrain pita bun squash-coconut soup	<b>bean burrito filling</b> whole wheat wrap inf: multigrain pocket bun green peas sour cream	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> yellow rice coleslaw inf: blended coleslaw	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain penne veggie rainbow inf: mini broccoli	<b>vegetarian pasta bake</b> cucumber
<b>pm snack</b>	apple  melon apple pie snacking rounds	pear inf: pear-blueberry purée  bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	pineapple  <b>mini pizza</b> frena bun marinara sauce shredded cheddar	orange  apple cocoa-zucchini loaf	banana  baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	<b>15</b> mini strawberries cheddar or mozzarella cheese	<b>16</b> kiwi whole wheat raisin bread apple butter	<b>17</b> go bananas cereal milk	<b>18</b> pineapple raisin & seed oatie	<b>19</b> cinnamon granola inf: go bananas cereal milk
lunch	<b>groovy organic chicken meatballs</b> <b>groovy falafel bites</b> potato mash green peas	<b>white bean curry</b> basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée	<b>beef &amp; tomato pumpkin &amp; beans</b> quinoa bell pepper inf: sweet potato & bell pepper purée	<b>masala fish mushroom quiche</b> whole wheat roll green beans inf: steamed green beans	<b>mac'n cheese</b> brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée
pm snack	orange  greek salad inf: sweet potato-carrot purée folded basil loaf	banana  <b>egg wrap</b> whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	orange  apple vanilla maple yogurt inf: plain yogurt	banana  cucumber sundried tomato pasta salad	orange  apple whole wheat mini bagel red pepper hummus
am snack	<b>22</b> whole grain squares milk	<b>23</b> melon apple-cinnamon morning round	<b>24</b> go bananas cereal milk	<b>25</b> banana-spinach sauce lemon cranberry muffin	<b>26</b> hard boiled egg brioche bite
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> multigrain pocket bun green peas & carrots	<b>tomato-spinach frijoles</b> basmati rice shredded cheddar steamed carrots	<b>beef burger chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>ratatouille w/organic tofu</b> whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	<b>vegetarian pasta bake</b> mini broccoli
pm snack	orange  cucumber onion bread cream cheese	banana  bell pepper inf: steamed green beans brown rice cakes spinach-organic tofu dip	orange  <b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	itty bitty mango bites  clementine pita crackers inf/tod: organic crispbread crackers beany basil dip	pineapple, melon & orange  <b>banana roll up</b> 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