



august 2026 menu

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

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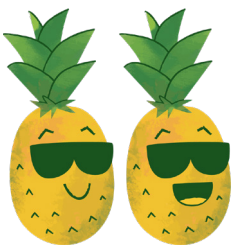
- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

	monday	tuesday	wednesday	thursday	friday
am snack	3 Civic Holiday 	4 cheddar or mozzarella cheese cracked wheat crackers	5 go bananas cereal milk	6 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	7 itty bitty mango bites apple-cinnamon morning round
lunch		mexican beef burrito filling  bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream baby romaine apple cider vinaigrette inf: pumpkin-red lentil purée apple	carrot & flax fish  pumpkin & beans yellow rice bell pepper inf: sweet potato-bell pepper purée stone fruit 	 bolognese w/organic tofu whole grain penne veggie rainbow inf: mini broccoli orange	 vegetarian pasta bake cucumber banana
pm snack		mini pizza frena bun marinara sauce shredded cheddar	orange brioche bite	apple cocoa-zucchini loaf	mini tomatoes, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	10 pear inf: applesauce cheddar or mozzarella cheese	11 kiwi whole wheat raisin bread apple butter	12 go bananas cereal milk	13 pineapple whole wheat blueberry scone	14 cinnamon granola inf: go bananas cereal milk
lunch	groovy organic chicken meatballs  groovy falafel bites potato mash green peas orange	 white bean curry 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 whole wheat roll green beans inf: steamed green beans banana	 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: sweet pea-kale purée stone fruit 
pm snack	greek salad inf: sweet potato-carrot purée folded basil loaf	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread	apple vanilla maple yogurt inf: plain yogurt	cucumber sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus



filipino beef giniling

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lunch 1

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	monday	tuesday	wednesday	thursday	friday
am snack	17 whole grain squares milk	18 mini watermelon cranberry-orange morning round	19 go bananas cereal milk	20 banana-spinach sauce carrot muffin	21 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas & carrots	tomato-spinach frijoles basmati rice shredded cheddar steamed carrots	chicken burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	marinara organic turkey meatballs marinara falafel bites whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	vegetarian pasta bake mini broccoli
pm snack	orange cucumber onion bread cream cheese	pear inf: apple-mango-beet purée bell pepper inf: steamed green beans brown rice cakes dilly dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	apple itty bitty mango bites chickpea crisps inf/tod: organic crispbread crackers beany basil dip	stone fruit banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	24 orange brown rice cakes organic raspberry fruit spread	25 pear inf: pear-blueberry purée vanilla maple yogurt inf: plain yogurt	26 cinnamon granola inf: go bananas cereal milk	27 stone fruit raisin & seed oatie	28 go bananas cereal milk
lunch	garbanzo bean tajine mini potatoes inf: whole wheat pita green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa green peas	filipino beef giniling chili chili bang bang brown rice napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet pea-kale purée	chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun sweet corn	skipjack tuna mac'n cheese tomato-lentil sauce w/chickpea spirals cucumber
pm snack	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



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	monday	tuesday	wednesday	thursday	friday
am snack	31 whole grain squares milk	1 orange brioche bite	2 go bananas cereal milk	3 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	4 itty bitty mango bites cinnamon & chia oatmeal
lunch	soup & sammie hummus & cheddar cheese slice multigrain pita bun squash-coconut soup	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	carrot & flax fish spinach quiche yellow rice coleslaw inf: blended coleslaw	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	mac'n cheese cucumber
pm snack	apple mini pizza frena bun marinara sauce shredded cheddar	pineapple bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	orange melon apple pie snacking rounds	stone fruit apple cocoa-zucchini loaf	banana snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip

= herbivore protein inf/tod = infant/toddler substitute
 = seasonal special

milk and/or water are offered at meals and snacks

Real Food favourites now available at Spatulafoods.ca



For years, parents and caregivers have been asking us how to get Real Food at home. Now thanks to our partnership with **Spatula Foods**, a selection of Real Food for Real Kids' most-loved meals are available for families to order in convenient, single-serve kid-sized meals, perfect for busy weeknights or packing to go.

Spatula Foods is a platform that delivers chef-crafted, flash-frozen meals right to your door, making it easier to keep great options on hand without the extra prep, planning, or last-minute grocery run.

Grab our **Mac'n Cheese**, **Chicken Curry with Basmati Rice**, **White Bean Curry with Basmati Rice** and **Chicken Meatballs with Carrot Gravy & Potato Mash** today.

Use code **RFRKSUMMER26** to get 50% off your first Spatula order. Valid until August 31, 2026.

Visit spatulafoods.ca or scan the QR code now.

