



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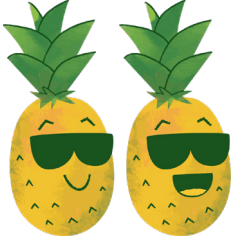
- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



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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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