



jerk chicken

the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



- wild Skipjack tuna & Canadian salmon, sustainably-sourced



- whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



- focus on fruits, vegetables & products grown & produced locally & sustainably



- dairy products & organic tofu

.....



- globally inspired dishes



- we advocate for mandatory labelling of GMOs

peanut & tree nut free

PREMIER'S AWARD FOR AGRI-FOOD INNOVATION EXCELLENCE



Award Recipient

FOOD IN CANADA'S 2016 LEADERSHIP AWARDS

	monday	tuesday	wednesday	thursday	friday
lunch	1 bean cassoulet whole wheat garlic baguette green peas	2 marinara beef meatballs v: marinara falafel bites whole grain pasta snow peas & carrots organic strawberry granola bar	3 paprika chicken v: curried lentils quinoa coleslaw	4 tomato-spinach frijoles brown rice veggie rainbow shredded cheddar	5 mac chick 'n cheese v: vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu
lunch	8 mexican beef burrito filling v: bean burrito filling whole wheat wrap sweet corn sour cream	9 chili w/organic turkey v: chickpea chowder quinoa baby carrots mini organic lemon cookies	10 chickpea crusted chicken meteorites v: chickpea patty tricolour pasta salad grape tomatoes real food ketchup	11 jerk chicken v: slow cooked beans multigrain pita bun mini cucumber	12
lunch	15 sri lankan chicken v: white bean curry brown rice peas & carrots	16 bean burrito filling whole wheat wrap mini broccoli shredded cheddar diced melon	17 beef burger v: chickpea patty multigrain pita bun samurai carrot salad grape tomatoes real food ketchup	18 marinara beef meatballs v: slow cooked beans quinoa sweet corn	19 Good Friday
lunch	22 Easter Monday	23 mac chick 'n cheese v: tomato-lentil sauce w/rice pasta baby carrots organic apple-cinnamon granola bar	24 masala fish v: mushroom quiche yellow rice grape tomatoes	25 chicken fricassée v: texan kidney beans quinoa green beans	26 beef & bean chili v: chili chili bang bang red & brown rice tiny chopped salad apple cider vinaigrette

v = vegetarian protein
x = non-service day

Menus may change without notice based on availability of ingredients.

Junior Academy



jerk chicken

	monday	tuesday	wednesday	thursday	friday
	29	30	1	2	3
lunch	bean cassoulet whole wheat garlic baguette green peas	marinara beef meatballs v: marinara falafel bites whole grain pasta snow peas & carrots organic strawberry granola bar	paprika chicken v: curried lentils quinoa coleslaw	tomato-spinach frijoles brown rice veggie rainbow shredded cheddar	mac chick 'n cheese v: vegan cheese sauce w/rice pasta tiny chopped salad ranch dressing w/ organic tofu

v = vegetarian protein
 ✕ = non-service day

Menus may change without notice based on availability of ingredients.

the real food promise

real food with real ingredients:

- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



- wild Skipjack tuna & Canadian salmon, sustainably-sourced



- whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



- focus on fruits, vegetables & products grown & produced locally & sustainably



- dairy products & organic tofu



- globally inspired dishes



- we advocate for mandatory labelling of GMOs

peanut & tree nut free

PREMIER'S AWARD FOR
AGRI-FOOD INNOVATION EXCELLENCE

Award Recipient



FOOD IN CANADA'S
2016 LEADERSHIP
AWARDS

Hey, families!

Want to know what your little one eats every day? Now it's super easy with *What's Cookin'*, the RFRK monthly newsletter!

What's Cookin' includes:

- our monthly menus
- delicious & nutritious recipes & food tips
- community events



Sign up today at: www.rfrk.com/menu-signup