

fuelling healthy futures™



jerk chicken

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 chicken 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
am snack	3 go bananas cereal milk	4 orange cranberry-orange morning round	5 organic multigrain squares milk	6 applesauce apple cinnamon loaf	7 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	marinara beef meatballs marinara falafel bites mini potatoes inf: whole wheat pita sweet corn	white bean curry focaccia slice green beans inf: steamed green beans	chicken caesar bowl chickpea crusted chicken meteorites falafel bites quinoa crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	trinidadian curry beef trinidadian curry tofu onion bread mini broccoli	vegetarian pasta bake cucumber
pm snack	apple baby carrots inf/tod: soft carrots brioche bite red pepper hummus	kiwi yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	banana pineapple tortilla crisps inf/tod: brown rice cakes tomato salsa	kiwi apple cracked wheat crackers maple soft cheese	orange baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes spinach-organic tofu dip
am snack	10 organic super O's cereal milk	11 melon organic quinoa crunchies	12 hard boiled egg brioche bite	13 organic multigrain squares milk	14 apple muesli morning round
lunch	bean burrito filling whole wheat wrap inf: multigrain pocket bun sweet corn	paprika chicken slow cooked beans brown rice steamed carrots	chickpea chowder whole wheat roll green peas	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	pollo cacciatore lentil bolognese whole grain penne napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	strawberry sauce apple cinnamon bun snacking rounds	orange mini pizza frena bun marinara sauce shredded cheddar	apple banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	orange cucumber chickpea crisps inf/tod: cracked wheat crackers dill soft cheese	banana valentine treat mini cocoa cookies inf: mini-moon biscuit strawberries milk

 = herbivore protein inf/tod = infant/toddler substitute

fish-free menu to accommodate severe allergies milk and/or water are offered at meals and snacks

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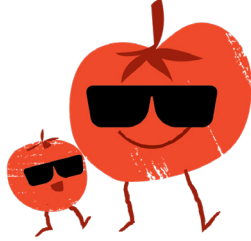









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am snack	17 Family Day 	18 cinnamon granola inf: organic strawberry granola milk	19 kiwi whole wheat raisin bread organic raspberry fruit spread	20 go bananas cereal milk	21 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana
lunch		 tomato-spinach frijoles quinoa green peas & carrots	 beef & tomato pumpkin & beans whole wheat pita bell pepper inf: apple-mango-beet purée	chicken & wild rice stew  lentil & mushroom stew basmati rice mini broccoli	filipino beef giniling chili chili bang bang onion bread brocco-kale mix balsamic dressing inf: sweet potato-carrot purée
pm snack		pear inf: apple-banana purée	orange	apple	orange
am snack	24 organic multigrain squares milk	25 apple cheddar bites	26 applesauce raisin & seed oatie	27 melon organic quinoa crunchies	28 organic super O's cereal milk
lunch	 sunshine dahl wheat bun green peas & carrots cucumber raita	 chili chili bang bang quinoa veggie rainbow inf: mini broccoli	 beef & bean chili pumpkin & beans basmati rice steamed carrots	jerk chicken   texan kidney beans whole wheat wrap inf: multigrain pocket bun coleslaw inf: blended coleslaw	 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: pumpkin-red lentil purée
pm snack	kiwi	orange	banana	apple	kiwi
pm snack	apple cracked wheat crackers cocoa chic'pea spread	egg salad wrap whole wheat wrap inf: whole wheat pita hard boiled egg ranch dressing w/organic tofu	mini tomatoes & baby carrots inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta roasted red pepper loaf	banana brioche bite

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