

fuelling healthy futures™



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	31 organic multigrain squares milk	1 melon apple-cinnamon morning round	2 go bananas cereal milk	3 kiwi apple-beet loaf	4 hard boiled egg brioche bite
lunch	sri lankan chicken white bean curry wheat bun green peas	sunshine dahl basmati rice steamed carrots cucumber raita	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	bolognese w/organic tofu whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals green peas & carrots
pm snack	apple cucumber onion bread roasted garlic hummus	pear inf: apple-mango-beet purée crunchy green beans & baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	apple yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	orange mango organic quinoa crunchies	banana apple cracked wheat crackers beany basil dip
am snack	7 orange muesli morning round	8 apple vanilla maple yogurt inf: plain yogurt	9 cinnamon granola inf: organic quinoa crunchies milk	10 banana raisin & seed oatie	11 organic super O's cereal milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa steamed carrots	chickpea crusted chicken meteorites falafel bites tricolour pasta salad brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	beef & bean chili chili chili bang bang mini potatoes sweet corn inf/tod: whole wheat pita	vegetarian pasta bake cucumber
pm snack	blueberry sauce greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	banana orange brown rice cakes cocoa chic'pea spread	orange applesauce chocolate chip cookie inf: mini-moon biscuit milk	pear inf: apple-banana purée apple whole wheat raisin bread cream cheese	apple baby carrots inf/tod: soft carrots chickpea crisps inf/tod: cracked wheat crackers dill saucy dipz

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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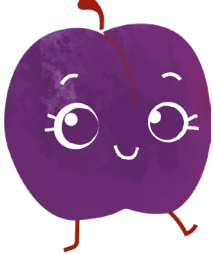
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am snack	14 organic multigrain squares milk	15 orange organic quinoa crunchies	16 go bananas cereal milk	17 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	18 Good Friday 
lunch	burrito bowl mexican beef burrito filling bean burrito filling quinoa green peas pear inf: apple-banana purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream beet & carrot matchsticks, baby spinach apple cider vinaigrette inf: sweet potato-carrot purée apple	masala fish mushroom quiche brown rice w/dill & parsley coleslaw inf: blended coleslaw mango	turkey meatball sandwich marinara <small>(new)</small> turkey meatballs marinara falafel bites multigrain pocket bun veggie rainbow inf: steamed green beans orange	
pm snack	melon cinnamon bun snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	cheddar bites sourdough crackers inf: whole wheat pita	apple cocoa-beet loaf	
am snack	21 pear inf: apple-banana purée cheddar or mozzarella cheese	22 apple whole wheat raisin bread apple butter	23 organic super O's cereal milk	24 mango whole wheat blueberry scone	25 cinnamon granola inf: go bananas cereal milk
lunch	beef & bean chili chili chili bang bang basmati rice sweet corn apple	tomato-spinach frijoles quinoa red cabbage & spinach salad balsamic dressing inf: pumpkin-red lentil purée orange	chicken & wild rice stew lentil & mushroom stew whole wheat roll bell pepper inf: apple-mango-beet purée banana	carrot & flax fish spinach quiche brown rice green beans inf: steamed green beans pear inf: apple-banana purée	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée apple
pm snack	tomato bruschetta folded basil loaf	hard boiled egg brioche bite	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots pita crackers inf/tod: brown rice cakes red pepper hummus	fruit pizza frena bun cocoa chic'pea spread banana

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white bean curry

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am snack	28 organic multigrain squares milk	29 melon apple-cinnamon morning round	30 go bananas cereal milk	1 kiwi apple-beet loaf	2 hard boiled egg brioche bite
lunch	sri lankan chicken white bean curry wheat bun green peas	sunshine dahl basmati rice steamed carrots cucumber raita	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad	bolognese w/organic tofu whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals green peas & carrots
pm snack	apple cucumber onion bread roasted garlic hummus	pear inf: apple-mango-beet purée new! snap peas & carrots inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	apple yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	orange mango cracked wheat crackers dill saucy dipz	banana apple tortilla crisps inf/tod: brown rice cakes beany basil dip

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By Popular Demand: White Bean Curry



Why is this one of our most loved vegetarian meals? Make this recipe to find out!

RFRK's #1 rated vegetarian dish features creamy white navy beans in a velvety, lightly spiced tomato & coconut sauce similar to butter chicken. Rich in flavour, this easy plant-based meal is surprisingly simple to make and can shine on its own or pair it up with your preferred rice or naan bread.

scan to sign up



Our Real Food Recipes are only available through our monthly newsletter, *What's Cookin'*, so subscribe now so you don't miss out when this recipe drops on March 28th!