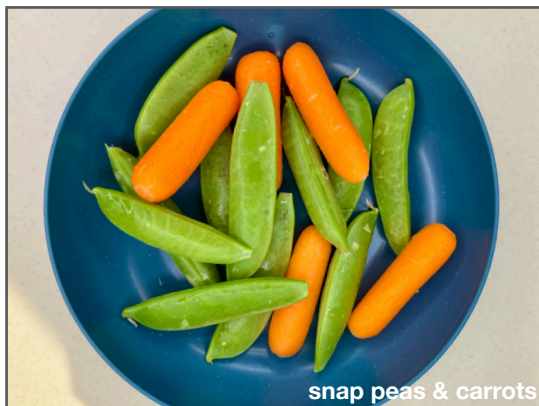


fuelling healthy futures™



snap peas & carrots

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

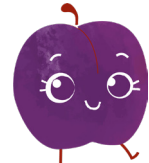


globally & culturally inspired dishes

peanut & tree nut free

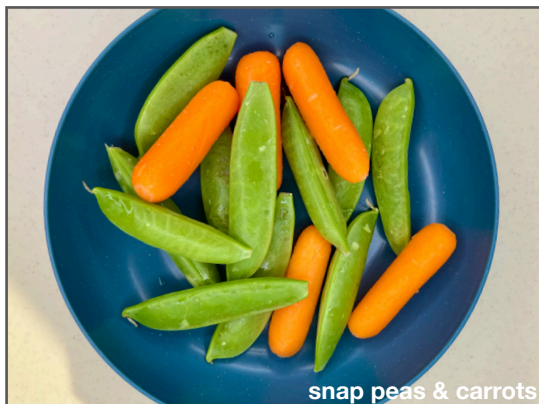
rfrk.com

april 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	31 orange organic multigrain squares milk	1 melon apple-cinnamon morning round milk	2 orange go bananas cereal milk	3 kiwi apple-beet loaf milk	4 pear inf: apple-banana purée hard boiled egg brioche bite
pm snack	cucumber onion bread roasted garlic hummus	crunchy green beans & baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit kiwi	mango organic quinoa crunchies milk	apple cracked wheat crackers beany basil dip
am snack	7 orange muesli morning round milk	8 apple vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	9 pear inf: apple-banana purée cinnamon granola inf: organic strawberry granola milk	10 banana raisin & seed oatie milk	11 orange organic super O's cereal milk
pm snack	greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese roasted red pepper loaf	orange brown rice cakes cocoa chic'pea spread	applesauce chocolate chip cookie inf: mini-moon biscuit milk	apple whole wheat raisin bread cream cheese	baby carrots inf/tod: soft carrots chickpea crisps inf/tod: cracked wheat crackers dill saucy dipz
am snack	14 apple organic multigrain squares milk	15 orange organic quinoa crunchies milk	16 orange go bananas cereal milk	17 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana organic quinoa crunchies	18 Good Friday 
pm snack	melon cinnamon bun snacking rounds milk	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	apple cheddar bites sourdough crackers inf: whole wheat pita	apple cocoa-beet loaf milk	
am snack	21 pear inf: apple-banana purée cheddar or mozzarella cheese organic quinoa crunchies	22 apple whole wheat raisin bread apple butter	23 orange organic super O's cereal milk	24 mango whole wheat blueberry scone milk	25 orange cinnamon granola inf: go bananas cereal milk
pm snack	tomato bruschetta folded basil loaf milk	pear inf: apple-banana purée hard boiled egg brioche bite	apple vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	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

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks



april 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	28 orange organic multigrain squares milk	29 melon apple-cinnamon morning round milk	30 orange go bananas cereal milk	1 kiwi apple-beet loaf milk	2 pear inf: apple-banana purée hard boiled egg brioche bite
pm snack	 cucumber onion bread roasted garlic hummus	 snap peas & carrots ^{new!} inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	 yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit kiwi	 mango cracked wheat crackers dill saucy dipz	 apple tortilla crisps inf/tod: brown rice cakes beany basil dip

🌿 = herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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rfrk.com

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.

*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!*

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