



white bean curry

## 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

lunch 1

# april 2025 menu

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



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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks



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

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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