real food kids

april 2025 menu lunch 1

fuelling healthy futures™





real food with real ingredients:



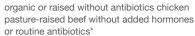
- no artificial: colours. flavours or sweeteners
- no added nitrates or nitrites
- · whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:





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





	monday	tuesday	wednesday	thursday	friday
snack	orange organic multigrain squares milk	melon apple-cinnamon morning round milk	orange go bananas cereal milk	kiwi apple-beet loaf milk	pear inf: apple-banana purée 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 apple	bolognese w/organic tofu whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée orange	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals green peas & carrots banana
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 orangic quinoa crunchies milk	apple cracked wheat crackers beany basil dip
am snack	orange müesli morning round milk	apple vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	pear inf: apple-banana purée cinnamon granola inf: organic strawberry granola milk	banana raisin & seed oatie milk	orange 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 inf/tod: whole wheat pita sweet corn pear	vegetarian pasta bake cucumber
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	orange applesauce chocolate chip cookie inf: mini-moon biscuit milk	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

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the real food promise

real food with real ingredients:



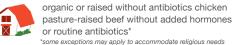
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april 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	apple organic multigrain squares milk	orange organic quinoa crunchies milk	orange go bananas cereal milk	super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana organic quinoa crunchies	18 Good
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 sub marinara turkey meatballs marinara falafel bites multigrain pocket bun veggie rainbow inf: steamed green beans orange	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	pear inf: apple-banana purée cheddar or mozzarella cheese organic quinoa crunchies	apple whole wheat raisin bread apple butter	orange organic super O's cereal milk	mango whole wheat blueberry scone milk	orange cinnamon granola inf: go bananas cereal milk
lunch	beef & bean chili chili chili bang bang basmati rice sweet corn	tomato- spinach frijoles quinoa red cabbage & spinach salad balsamic dressing inf: pumpkin-red lentil purée	chicken & wild rice stew lentil & mushroom stew whole wheat roll bell pepper inf: apple-mango-beet purée	carrot & flax fish spinach quiche brown rice green beans inf: steamed green beans	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
	apple	orange	banana	pear inf: apple-banana purée	apple
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

real food for real kids

fuelling healthy futures"



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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*

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dairy products & organic tofu



local fruits & veggies prioritized



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april 2025 menu

	monday	tuesday	wednesday	thursday	friday
	28	29	30	1	2
am snack	orange organic multigrain squares milk	melon apple-cinnamon morning round milk	orange go bananas cereal milk	kiwi apple-beet loaf milk	pear inf: apple-banana purée 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
	apple	pear inf: apple-mango-beet purée	apple	orange	banana
pm snack	cucumber onion bread roasted garlic hummus	snap peas & carrots 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

scan to sign up

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!