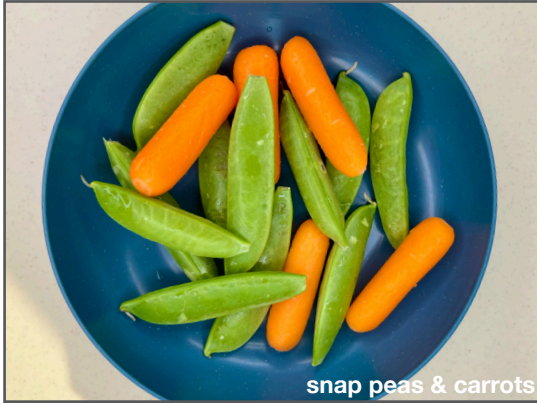


# april 2025 menu

## snack club

\*tues & thurs delivery



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

	monday	tuesday	wednesday	thursday	friday
am snack	<b>31</b> seasonal fruit go bananas cereal milk 2%	<b>1*</b> seasonal fruit cinnamon bun snacking rounds	<b>2</b> seasonal fruit organic quinoa crunchies	<b>3*</b> seasonal fruit gluten free oat & quinoa cocoa bar	<b>4</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-beet loaf	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	cucumber tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus
am snack	<b>7</b> seasonal fruit organic super O's cereal milk 2%	<b>8*</b> hard boiled egg brioche bite	<b>9</b> seasonal fruit whole wheat mini bagel cream cheese	<b>10*</b> applesauce cranberry-orange morning round	<b>11</b> seasonal fruit organic quinoa crunchies
pm snack	<b>mini pizza</b> frena bun marinara sauce w/basil shredded cheddar	seasonal fruit chocolate chip cookie	seasonal fruit raisin & seed oatie	<b>veggie roll up</b> whole wheat wrap carrot matchsticks red pepper hummus	cucumber chickpea crisps dill saucy dipz
am snack	<b>14</b> seasonal fruit cinnamon granola milk 2%	<b>15*</b> seasonal fruit vanilla maple yogurt	<b>16</b> <b>fruit pizza</b> whole wheat raisin bread organic blueberry fruit spread seasonal fruit	<b>17*</b> seasonal fruit go bananas cereal milk 2%	<b>18</b> <b>Good Friday</b> 
pm snack	snap peas & carrots <small>new!</small> organic crispbread crackers red pepper saucy dipz	seasonal fruit cranberry bar	cucumber pita crackers roasted garlic hummus	seasonal fruit brioche bite cocoa chic'pea spread	
am snack	<b>21</b> seasonal fruit raisin & seed oatie	<b>22*</b> seasonal fruit organic quinoa crunchies	<b>23</b> seasonal fruit brown rice cakes cream cheese	<b>24</b> seasonal fruit organic super O's cereal milk 2%	<b>25</b> <b>super smoothie</b> vanilla maple yogurt blueberry purée seasonal fruit
pm snack	seasonal fruit purple corn popcorn	<b>egg salad wrap</b> whole wheat wrap hard boiled egg dill saucy dipz	mini peppers & baby carrots sourdough crackers red pepper hummus	seasonal fruit apple pie snacking rounds	seasonal fruit lemon cranberry muffin

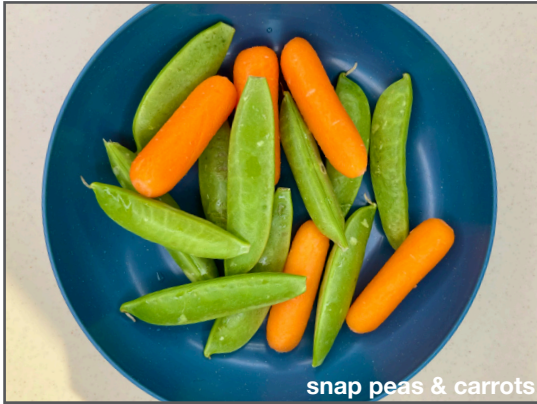
\*Tuesday's delivery includes snacks for Wednesday & Thursday. \*Thursday's delivery includes snacks for Friday, Monday & Tuesday. Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

# april 2025 menu

## snack club

\*tues & thurs delivery



snap peas & carrots

	monday	tuesday	wednesday	thursday	friday
am snack	<b>28</b> seasonal fruit go bananas cereal milk 2%	<b>29*</b> seasonal fruit cinnamon bun snacking rounds	<b>30</b> seasonal fruit organic quinoa crunchies	<b>1*</b> seasonal fruit cheddar or mozzarella cheese	<b>2</b> seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit apple-beet loaf	<b>yogurt parfait</b> honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	cucumber tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus

\*Tuesday's delivery includes snacks for Wednesday & Thursday. \*Thursday's delivery includes snacks for Friday, Monday & Tuesday. Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

### 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

## By Popular Demand: White Bean Curry



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

**RFK'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!*

scan to sign up

