



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 poultry,
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

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- 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	2 apple muesli morning round	3 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	4 cinnamon granola inf: apple pie snacking rounds milk	5 banana raisin & seed oatie	6 go bananas cereal milk
lunch	garbanzo bean tajine brown rice green beans inf: steamed green beans blueberry sauce	paprika chicken slow cooked beans quinoa steamed carrots banana	fajita bowl chicken fajita curried lentils yellow rice brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée mango	filipino beef giniling chili chili bang bang mini potatoes inf: whole wheat pita sweet corn pear inf: apple-banana purée	black bean taco black beans in salsa multigrain pocket bun cucumber sour cream apple
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini cocoa cookies inf: mini-moon biscuit milk	apple whole wheat raisin bread maple soft cheese	baby carrots inf/tod: soft carrots chickpea crisps inf/tod: cracked wheat crackers dill saucy dipz
am snack	9 organic multigrain squares milk	10 orange brioche bite	11 go bananas cereal milk	12 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana	13 apple cranberry-orange morning round
lunch	marinara beef meatballs marinara falafel bites quinoa green peas pear inf: apple-banana purée	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream baby spinach, beet & carrot matchsticks, apple cider vinaigrette inf: sweet potato-carrot purée apple	chili chili bang bang brown rice w/dill & parsley coleslaw inf: blended coleslaw mango	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli orange	mac'n cheese cucumber banana
pm snack	mini watermelon 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	pear inf: apple-banana purée cocoa-zucchini loaf inf: mini broccoli	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz

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

fish-free menu to accommodate severe allergies
milk and/or water are offered at meals and snacks



gong bao chicken

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am snack	16 pear inf: apple-banana purée cheddar or mozzarella cheese	17 kiwi whole wheat raisin bread apple butter	18 go bananas cereal milk	19 mango whole wheat blueberry scone	20 cinnamon granola inf: go bananas cereal milk
lunch	groovy organic chicken meatballs groovy falafel bites sweet potato mash sweet corn 	tomato-spinach frijoles basmati rice shredded cheddar red cabbage & spinach salad balsamic vinaigrette inf: pumpkin-red lentil purée 	gong bao chicken gong bao tofu quinoa bell pepper inf: apple-mango-beet purée 	beef & tomato pumpkin & beans whole wheat roll green beans inf: steamed green beans 	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée 
pm snack	apple tomato bruschetta folded basil loaf	orange hard boiled egg brioche bite	banana apple vanilla maple yogurt inf: plain yogurt	pear inf: apple-banana purée baby carrots inf/tod: soft carrots pita crackers inf/tod: brown rice cakes dill saucy dipz	apple fruit pizza frena bun cocoa chic'pea spread banana
am snack	23 organic multigrain squares milk	24 melon apple-cinnamon morning round	25 go bananas cereal milk	26 apple lemon cranberry muffin	27 hard boiled egg brioche bite
lunch	chicken sandwich pollo cacciatore lentil bolognese multigrain pocket bun green peas 	white bean curry basmati rice steamed carrots cucumber raita 	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad 	marinara organic turkey meatballs marinara falafel bites whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée 	mac'n cheese mini broccoli 
pm snack	apple cucumber onion bread cream cheese	pear inf: apple-mango-beet purée snap peas & carrots inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	pear inf: apple-banana purée mango cracked wheat crackers red pepper saucy dipz	banana apple tortilla crisps inf/tod: brown rice cakes beany basil dip