



red pepper saucy dipz

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

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june 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 apple muesli morning round milk	3 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	4 apple cinnamon granola inf: apple pie snacking rounds milk	5 banana raisin & seed oatie milk	6 orange go bananas cereal milk
pm snack	greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese 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 apple organic multigrain squares milk	10 orange brioche bite milk	11 pear inf: apple-banana purée go bananas cereal milk	12 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana apple pie snacking rounds	13 apple cranberry-orange morning round milk
pm snack	mini watermelon 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	pear inf: apple-banana purée cocoa-zucchini loaf milk	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz
am snack	16 pear inf: apple-banana purée cheddar or mozzarella cheese organic quinoa crunchies	17 kiwi whole wheat raisin bread apple butter	18 orange go bananas cereal milk	19 mango whole wheat blueberry scone milk	20 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 dill saucy dipz	fruit pizza frena bun cocoa chic'pea spread banana
am snack	23 orange organic multigrain squares milk	24 melon apple-cinnamon morning round milk	25 pear inf: apple-banana purée go bananas cereal milk	26 apple lemon cranberry muffin milk	27 orange hard boiled egg brioche bite
pm snack	cucumber onion bread cream cheese	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 apple	mango cracked wheat crackers red pepper saucy dipz	apple tortilla crisps inf/tod: brown rice cakes beany basil dip

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks