



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	5 orange muesli morning round	6 apple vanilla maple yogurt inf: plain yogurt	7 cinnamon granola inf: mini-moon biscuit milk	8 banana raisin & seed oatie	9 organic super O's cereal milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans strawberry sauce	paprika chicken slow cooked beans quinoa steamed carrots banana	meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée orange	mexican beef burrito filling bean burrito filling mini potatoes inf: whole wheat pita sweet corn pear inf: apple-banana purée	vegetarian pasta bake cucumber apple
pm snack	greek salad inf: pumpkin-red lentil purée cracked wheat crackers	orange brown rice cakes cocoa chic'pea spread	applesauce whole wheat blueberry scone	apple whole wheat raisin bread cream cheese	baby carrots inf/tod: soft carrots chickpea crisps inf/tod: cracked wheat crackers dill saucy dipz
am snack	12 organic multigrain squares milk	13 orange brioche bite	14 go bananas cereal milk	15 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	16 apple cranberry-orange morning round
lunch	marinara turkey meatballs marinara falafel bites whole grain rotini green peas pear inf: apple-banana purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad 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	melon 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	apple cocoa-beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper hummus

= herbivore protein inf/tod = infant/toddler substitute

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

	monday	tuesday	wednesday	thursday	friday
am snack	19  Victoria Day	20 apple whole wheat raisin bread sunbutter*	21 go bananas cereal milk	22 orange whole wheat blueberry scone	23 cinnamon granola inf: go bananas cereal milk
lunch		 chili chili bang bang basmati rice sweet corn sour cream	 chicken & wild rice stew  lentil & mushroom stew whole wheat roll bell pepper inf: apple-mango-beet purée	 beef & tomato pumpkin & beans brown rice green beans inf: steamed green beans	 vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack		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	26 organic multigrain squares milk	27 melon apple-cinnamon morning round	28 go bananas cereal milk	29 kiwi apple-beet loaf	30 hard boiled egg brioche bite
lunch	 sri lankan chicken  white bean curry wheat bun green peas apple	 sunshine dahl basmati rice steamed carrots cucumber raita pear inf: apple-mango-beet purée	 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	 mac'n cheese mini broccoli 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	mango tortilla crisps inf/tod: brown rice cakes red pepper hummus	apple cracked wheat crackers beany basil dip

 = herbivore protein inf/tod = infant/toddler substitute

* YMCA centres will receive cream cheese

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