



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

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- ingredients sourced without GMOs
- committed to reducing the carbon footprint
of our menus

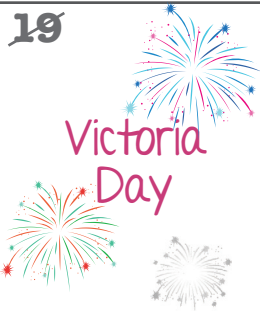


globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

may 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	5 orange muesli morning round milk	6 apple vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	7 pear inf: apple-banana purée cinnamon granola inf: mini-moon biscuit milk	8 banana raisin & seed oatie milk	9 orange go bananas cereal milk
pm snack	greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese cracked wheat crackers	orange brown rice cakes cocoa chic'pea spread	applesauce whole wheat blueberry scone milk	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 apple organic multigrain squares milk	13 orange brioche bite milk	14 orange go bananas cereal milk	15 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana organic quinoa crunchies	16 apple cranberry-orange morning round milk
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	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper hummus
am snack	19  Victoria Day	20 apple whole wheat raisin bread cream cheese	21 apple organic super O's cereal milk	22 orange whole wheat blueberry scone milk	23 orange cinnamon granola inf: go bananas cereal milk
pm snack		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	26 orange organic multigrain squares milk	27 melon apple-cinnamon morning round milk	28 orange go bananas cereal milk	29 kiwi apple-beet loaf milk	30 apple hard boiled egg brioche bite
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 tortilla crisps inf/tod: brown rice cakes red pepper hummus	apple cracked wheat crackers beany basil dip

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks