



chickpea crusted chicken meteorites

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

lunch 1

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
lunch	chickpea chowder brown rice green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa steamed carrots	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	mexican beef burrito filling bean burrito filling mini potatoes inf: whole wheat pita sweet corn	vegetarian pasta bake cucumber
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
lunch	marinara turkey meatballs marinara falafel bites whole grain rotini green peas	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	masala fish mushroom quiche brown rice w/dill & parsley coleslaw inf: blended coleslaw	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	mac'n cheese cucumber
pm snack	pear inf: apple-banana purée	apple	mango	orange	banana
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



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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
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	 carrot & flax fish spinach quiche 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 pear inf: apple-banana purée hard boiled egg brioche bite	banana apple vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	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 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
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	 tuna & salmon pasta bake  tomato-lentil sauce w/chickpea spirals 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 kiwi	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

milk and/or water are offered at meals and snacks