

may 2025 menu

snack club

*tues &
thurs
delivery



raisin & seed oaties

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

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	monday	tuesday	wednesday	thursday	friday
am snack	5 seasonal fruit organic super O's cereal milk 2%	6* hard boiled egg brioche bite	7 seasonal fruit whole wheat mini bagel cream cheese	8* applesauce cranberry-orange morning round	9 seasonal fruit organic quinoa crunchies
pm	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit oatmeal cookie	seasonal fruit raisin & seed oatie	veggie roll up whole wheat wrap carrot matchsticks red pepper hummus	cucumber chickpea crisps dill saucy dipz
am snack	12 seasonal fruit cinnamon granola milk 2%	13* seasonal fruit vanilla maple yogurt	14 fruit pizza whole wheat raisin bread organic blueberry fruit spread seasonal fruit	15* seasonal fruit go bananas cereal milk 2%	16 seasonal fruit whole wheat blueberry scone
pm	crunchy green beans & baby carrots organic crispbread crackers red pepper saucy dipz	seasonal fruit cranberry bar	cucumber pita crackers roasted garlic hummus	seasonal fruit brioche bite cocoa chic'pea spread	cheddar bites cracked wheat crackers
am snack	19 Victoria Day	20* seasonal fruit organic strawberry granola	21 seasonal fruit brown rice cakes cream cheese	22* seasonal fruit cinnamon granola milk 2%	23 super smoothie vanilla maple yogurt mango purée seasonal fruit
pm	egg salad wrap whole wheat wrap hard boiled egg dill saucy dipz	mini peppers & baby carrots sourdough crackers red pepper hummus	seasonal fruit apple pie snacking rounds	seasonal fruit lemon cranberry muffin	
am snack	26 seasonal fruit go bananas cereal milk 2%	27* seasonal fruit cinnamon bun snacking rounds	28 seasonal fruit brioche bite	29* seasonal fruit cheddar or mozzarella cheese	30 seasonal fruit whole wheat wrap apple butter
pm	seasonal fruit apple-beet loaf	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	cucumber tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes roasted garlic hummus

*Tuesday's delivery includes snacks for Wednesday & Thursday. *Thursday's delivery includes snacks for Friday, Monday & Tuesday.
Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons & other fruits.

water offered with all snacks