

fuelling healthy futures™



beef burger & chickpea patty

## 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



- 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

# july 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>30</b> apple muesli morning round	<b>1</b>	<b>2</b> cinnamon granola inf: cinnamon bun snacking rounds milk	<b>3</b> orange raisin & seed oatie	<b>4</b> organic blossoms milk
lunch	<b>garbanzo bean tajine</b> brown rice green beans inf: steamed green beans	<b>Canada Day</b> 	<b>chicken fajita</b> <b>curried lentils</b> whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling</b> <b>chili chili bang bang</b> quinoa sweet corn	<b>vegetarian pasta bake</b> cucumber
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf		pear inf: apple-banana purée	mango	apple
am snack	<b>7</b> organic multigrain squares milk	<b>8</b> orange brioche bite	<b>9</b> go bananas cereal milk	<b>10</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana	<b>11</b> apple cranberry-orange morning round
lunch	<b>caldeirada fish</b> <b>loco lima beans</b> quinoa green peas	<b>bean burrito filling</b> whole wheat wrap inf: multigrain pocket bun sour cream napa cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	<b>masala fish</b> <b>mushroom quiche</b> brown rice w/dill & parsley coleslaw inf: blended coleslaw	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain penne veggie rainbow inf: mini broccoli	<b>mac'n cheese</b> cucumber
pm snack	pear inf: apple-banana purée	apple	mango	orange	banana
pm snack	mini watermelon apple pie 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-zucchini loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	<b>14</b> pear inf: apple-banana purée cheddar or mozzarella cheese	<b>15</b> kiwi whole wheat raisin bread organic raspberry fruit spread	<b>16</b> organic blossoms milk	<b>17</b> mango whole wheat blueberry scone	<b>18</b> cinnamon granola inf: go bananas cereal milk
lunch	<b>groovy organic chicken meatballs</b> <b>groovy falafel bites</b> basmati rice sweet corn	<b>tomato-spinach frijoles</b> mini potatoes inf: whole wheat pita shredded cheddar red cabbage & spinach salad balsamic vinaigrette inf: pumpkin-red lentil purée	<b>gong bao chicken</b> <b>gong bao tofu</b> quinoa bell pepper inf: apple-mango-beet purée	<b>carrot &amp; flax fish spinach quiche</b> whole wheat roll green beans inf: steamed green beans	<b>vegetarian pasta bake</b> brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack	apple tomato bruschetta folded basil loaf	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	<b>21</b> organic multigrain squares milk	<b>22</b> melon apple-cinnamon morning round	<b>23</b> go bananas cereal milk	<b>24</b> apple banana muffin	<b>25</b> hard boiled egg brioche bite
lunch	<b>saucy chicken sandwich</b> <b>pollo cacciatore</b> <b>lentil bolognese</b> multigrain pocket bun green peas	<b>white bean curry</b> basmati rice steamed carrots cucumber raita	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>marinara turkey meatballs</b> <b>marinara falafel bites</b> whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	<b>tuna &amp; salmon pasta bake</b> <b>tomato-lentil sauce w/chickpea spirals</b> mini broccoli
pm snack	apple cucumber onion bread cream cheese	pear inf: apple-mango-beet purée snap peas & carrots inf/tod: steamed green beans brown rice cakes dilly dip	orange yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	pear inf: apple-banana purée mango cracked wheat crackers red pepper saucy dipz	banana apple tortilla crisps inf/tod: brown rice cakes beany basil dip

= herbivore protein inf/tod = infant/toddler substitute

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# july 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>28</b> apple muesli morning round	<b>29</b> pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	<b>30</b> cinnamon granola inf: apple pie snacking rounds milk	<b>31</b> banana raisin & seed oatie	<b>1</b> organic blossoms milk
lunch	<b>garbanzo bean tajine</b> brown rice green beans inf: steamed green beans	<b>provençal fish filet</b> <b>red pepper quiche</b> quinoa veggie rainbow inf: mini broccoli	<b>jerk chicken</b> <b>texan kidney beans</b> yellow rice brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling</b> <b>chili chili bang bang</b> mini potatoes inf: whole wheat pita sweet corn	<b>vegetarian pasta bake</b> cucumber
	blueberry sauce	banana	mango	pear inf: apple-banana purée	orange
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini organic lemon 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

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## Make at Home: Beany Basil Dip



Time to *take a dip* this summer—in more ways than one! Our **Beany Basil Dip** is warm weather snacking at its best: light, delicious & refreshing—no hot oven required. Love hummus? It has a similar vibe, but deserves its own shine! With creamy navy beans & fresh basil, this is RFRK's take on a scrumptious Italian-inspired spread, perfect for pairing with veggies or toasted bread. Made with plant-based protein & just six simple ingredients, it comes together in a flash.

*Our Real Food Recipes are only available through our monthly newsletter, 'What's Cookin'', so subscribe now so you don't miss out when this recipe drops on June 27th!*

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