



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

	monday	tuesday	wednesday	thursday	friday
am snack	30 apple muesli morning round	1 Canada Day 	2 cinnamon granola inf: cinnamon bun snacking rounds milk	3 orange raisin & seed oatie	4 organic blossoms milk
lunch	 garbanzo bean tajine brown rice green beans inf: steamed green beans mini watermelon		 chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée pear inf: apple-banana purée	 filipino beef giniling chili chili bang bang quinoa sweet corn mango	 vegetarian pasta bake cucumber apple
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf		orange maple snap 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
am snack	7 organic multigrain squares milk	8 orange brioche bite	9 go bananas cereal milk	10 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	11 apple cranberry-orange morning round
lunch	 marinara beef meatballs  marinara falafel bites quinoa green peas pear inf: apple-banana purée	 bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream napa 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	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

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



beef burger & chickpea patty

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am snack	14 pear inf: apple-banana purée cheddar or mozzarella cheese	15 kiwi whole wheat raisin bread organic raspberry fruit spread	16 organic blossoms milk	17 mango whole wheat blueberry scone	18 cinnamon granola inf: go bananas cereal milk
lunch	groovy organic chicken meatballs groovy falafel bites basmati rice sweet corn	tomato-spinach frijoles mini potatoes inf: whole wheat pita shredded cheddar red cabbage & spinach salad balsamic vinaigrette inf: pumpkin-red lentil purée	gong bao chicken gong bao tofu quinoa bell pepper inf: apple-mango-beet purée	beef & tomato pumpkin & beans whole wheat roll green beans inf: steamed green beans	vegetarian pasta bake 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	21 organic multigrain squares milk	22 melon apple-cinnamon morning round	23 go bananas cereal milk	24 apple banana muffin 	25 hard boiled egg brioche bite
lunch	saucy chicken sandwich pollo cacciatore lentil bolognese multigrain pocket bun green peas	white bean curry basmati rice steamed carrots cucumber raita	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	marinara turkey meatballs marinara falafel bites whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	mac'n cheese 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



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am snack	28 apple muesli morning round	29 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	30 cinnamon granola inf: apple pie snacking rounds milk	31 banana raisin & seed oatie	1 organic blossoms milk
lunch	garbanzo bean tajine brown rice green beans inf: steamed green beans	paprika chicken slow cooked beans quinoa veggie rainbow inf: mini broccoli	jerk chicken texan kidney beans yellow rice brocco-kale mix caesar dressing w/ organic tofu inf: sweet potato-carrot purée	filipino beef giniling chili chili bang bang mini potatoes inf: whole wheat pita sweet corn	vegetarian pasta bake 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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