real food for real kids™

lunch 1

july 2025 menu



fuelling healthy futures™



the real food promise	
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real food with real ingredients:



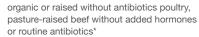
- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:









dairy products & organic tofu



local fruits & veggies prioritized



ingredients sourced without GMOs

commited to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free





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

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	monday	tuesday	wednesday	thursday	friday
	14	15	16	17	18
am snack	pear inf: apple-banana purée cheddar or mozzarella cheese	kiwi whole wheat raisin bread organic raspberry fruit spread	organic blossoms milk	mango whole wheat blueberry scone	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
	apple	orange	banana	pear inf: apple-banana purée	apple
pm snack	tomato bruschetta folded basil loaf	hard boiled egg brioche bite	apple vanilla maple yogurt inf: plain yogurt	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
	21	22	23	24	25
am snack	organic multigrain squares milk	melon apple-cinnamon morning round	go bananas cereal milk	apple new banana muffin	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

orange

yogurt parfait

honey yogurt

inf: plain yogurt

cinnamon granola

inf: mini-moon biscuit

apple

cucumber

onion bread

cream cheese

pm snack pear

inf: apple-mango-beet purée

snap peas & carrots

inf/tod: steamed green beans

brown rice cakes

dilly dip

banana

apple

tortilla crisps

inf/tod: brown rice cakes

beany basil dip

pear

inf: apple-banana purée

mango

cracked wheat

crackers

red pepper saucy dipz

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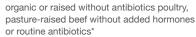
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some exceptions may apply to accommodate religious needs



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july 2025 menu



	monday	tuesday	wednesday	thursday	friday
ш	28	29	30	31	1
am snack	apple müesli morning round	pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	cinnamon granola inf: apple pie snacking rounds milk	banana raisin & seed oatie	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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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!