



beany basil dip

## 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**

# july 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>30</b> apple muesli morning round milk	<b>1</b> <b>Canada Day</b> 	<b>2</b> apple cinnamon granola inf: cinnamon bun snacking rounds milk	<b>3</b> orange raisin & seed oatie milk	<b>4</b> pear inf: apple-banana purée organic blossoms milk
pm snack	greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese 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	<b>7</b> apple organic multigrain squares milk	<b>8</b> orange brioche bite milk	<b>9</b> pear inf: apple-banana purée go bananas cereal milk	<b>10</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana organic quinoa crunchies	<b>11</b> apple cranberry-orange morning round milk
pm snack	mini watermelon apple pie 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 apple-beet loaf milk	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz
am snack	<b>14</b> pear inf: apple-banana purée cheddar or mozzarella cheese organic quinoa crunchies	<b>15</b> kiwi whole wheat raisin bread organic raspberry fruit spread	<b>16</b> orange organic blossoms milk	<b>17</b> mango whole wheat blueberry scone milk	<b>18</b> orange cinnamon granola inf: go bananas cereal milk
pm snack	tomato bruschetta folded basil loaf milk	pear inf: apple-banana purée hard boiled egg brioche bite	apple vanilla maple yogurt inf: plain yogurt apple pie snacking round	baby carrots inf/tod: soft carrots pita crackers inf/tod: brown rice cakes dill saucy dipz	<b>fruit pizza</b> frena bun cocoa chic'pea spread banana
am snack	<b>21</b> orange organic multigrain squares milk	<b>22</b> melon apple-cinnamon morning round milk	<b>23</b> pear inf: apple-banana purée go bananas cereal milk	<b>24</b> apple banana muffin milk	<b>25</b> pear inf: apple-banana purée hard boiled egg brioche bite
pm snack	cucumber onion bread cream cheese	snap peas & carrots inf/tod: steamed green beans brown rice cakes dilly dip	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit apple	mango cracked wheat crackers red pepper saucy dipz	apple tortilla crisps inf/tod: brown rice cakes beany basil dip

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks



beany basil dip

# july 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>28</b>  apple muesli morning round milk	<b>29</b>  pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	<b>30</b>  apple cinnamon granola inf: apple pie snacking rounds milk	<b>31</b>  banana raisin & seed oatie milk	<b>1</b>  pear inf: apple-banana purée organic blossoms milk
pm snack	 greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese 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

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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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