

july 2025 menu

snack club

*tues &
thurs
delivery



veggie roll up

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

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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	30 seasonal fruit go bananas cereal milk 2%	1 Canada Day 	2 hard boiled egg brioche bite	3* applesauce organic strawberry granola	4 seasonal fruit cranberry-orange morning round
pm	mini pizza frena bun marinara sauce w/basil shredded cheddar		seasonal fruit maple snap cookies	baby carrots cracked wheat crackers dill saucy dipz	cucumber chickpea crisps hummus
am snack	7 seasonal fruit cinnamon granola milk 2%	8* seasonal fruit vanilla maple yogurt	9 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	10* seasonal fruit organic blossoms milk 2%	11 seasonal fruit whole wheat blueberry scone
pm snack	snap peas & carrots organic crispbread crackers red pepper saucy dipz	seasonal fruit cranberry bar	cucumber pita crackers cream cheese	cheddar bites cracked wheat crackers	seasonal fruit whole wheat wrap apple butter
am snack	14 seasonal fruit raisin & seed oatie	15* seasonal fruit muesli morning round	16 seasonal fruit brown rice cakes cream cheese	17 seasonal fruit cinnamon granola milk 2%	18 super smoothie vanilla maple yogurt strawberry purée seasonal fruit
pm snack	seasonal fruit purple corn popcorn	egg salad wrap whole wheat wrap hard boiled egg dill saucy dipz	bell pepper & baby carrots sourdough crackers red pepper saucy dipz	seasonal fruit apple pie snacking rounds	seasonal fruit banana muffin
am snack	21 seasonal fruit organic blossoms milk 2%	22* seasonal fruit cinnamon bun snacking rounds	23 seasonal fruit brioche bite	24* seasonal fruit cheddar or mozzarella cheese	25 seasonal fruit whole wheat wrap apple butter
pm snack	seasonal fruit gluten free oat & quinoa cocoa bar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa chic'pea spread	seasonal fruit tortilla crisps red pepper saucy dipz	baby carrots, broccoli & cauliflower brown rice cakes 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, pineapples & other fruits.

water offered with all snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	28 seasonal fruit go bananas cereal milk 2%	29* hard boiled egg brioche bite	30 seasonal fruit whole wheat mini bagel cream cheese	31* applesauce cranberry-orange morning round	1 seasonal fruit organic strawberry granola
pm snack	mini pizza frena bun marinara sauce w/basil shredded cheddar	seasonal fruit organic mini lemon cookies	seasonal fruit raisin & seed oatie	veggie roll up whole wheat wrap carrot matchsticks dill saucy dipz	cucumber chickpea crisps hummus

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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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