



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

rfrk.com

	monday	tuesday	wednesday	thursday	friday
am snack	4 Civic Holiday 	5 pear inf: apple-banana purée brioche bite	6 go bananas cereal milk	7 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	8 apple cranberry-orange morning round
lunch		 bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream baby romaine 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
pm snack		orange apple cracked wheat crackers dill soft cheese	mango cheddar bites sourdough crackers inf: whole wheat pita	orange apple cocoa-zucchini loaf	banana baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes red pepper saucy dipz
am snack	11 pear inf: apple-banana purée cheddar or mozzarella cheese	12 kiwi whole wheat raisin bread apple butter	13 organic blossoms milk	14 mango whole wheat blueberry scone	15 cinnamon granola inf: go bananas cereal milk
lunch	 groovy organic chicken meatballs  groovy falafel bites sweet potato mash sweet corn	 tomato-spinach frijoles basmati rice 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 napa cabbage & spinach salad maple samurai vinaigrette inf: sweet potato-carrot purée
	apple	orange	banana	pear inf: apple-banana purée	orange
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

 = herbivore protein inf/tod = infant/toddler substitute

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



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am snack	18 organic multigrain squares milk	19 melon apple-cinnamon morning round	20 go bananas cereal milk	21 apple apple cinnamon loaf	22 hard boiled egg brioche bite
lunch	saucy chicken sandwich pollo cacciatore lentil bolognese multigrain pocket bun green peas	white bean curry basmati rice green peas & carrots cucumber raita pear inf: apple-mango-beet purée	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad stone fruit	marinara organic turkey meatballs marinara falafel bites whole grain rotini napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée orange	mac'n cheese mini broccoli banana
pm snack	cucumber onion bread cream cheese	baby carrots inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	mango cracked wheat crackers red pepper saucy dipz	apple tortilla crisps inf/tod: brown rice cakes beany basil dip
am snack	25 apple muesli morning round	26 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	27 cinnamon granola inf: cinnamon bun snacking rounds milk	28 banana raisin & seed oatie	29 organic blossoms milk
lunch	garbanzo bean tajine brown rice green beans inf: steamed green beans strawberry sauce	paprika chicken slow cooked beans potato mash veggie rainbow inf: mini broccoli banana	chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun red cabbage & spinach salad caesar dressing w/ organic tofu inf: sweet potato-carrot purée mango	filipino beef giniling chili chili bang bang quinoa sweet corn pear inf: apple-banana purée	vegetarian pasta bake cucumber apple
pm snack	greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	orange organic crispbread crackers hummus	stone fruit mini cocoa 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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