



yogurt parfait

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

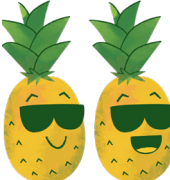


globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

august 2025 menu

	monday	tuesday	wednesday	thursday	friday
am snack	4 Civic Holiday 	5 pear inf: apple-banana purée brioche bite milk	6 orange go bananas cereal milk	7 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana organic quinoa crunchies	8 apple cranberry-orange morning round milk
pm snack		apple cracked wheat crackers dill soft cheese	pear inf: apple-banana purée 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	11 pear inf: apple-banana purée cheddar or mozzarella cheese organic quinoa crunchies	12 kiwi whole wheat raisin bread apple butter	13 orange organic blossoms milk	14 mango whole wheat blueberry scone milk	15 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 rounds	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
am snack	18 orange organic multigrain squares milk	19 melon apple-cinnamon morning round milk	20 orange go bananas cereal milk	21 apple apple cinnamon loaf milk	22 pear inf: apple-banana purée hard boiled egg brioche bite
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 apple	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 milk	26 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt organic quinoa crunchies	27 apple cinnamon granola inf: cinnamon bun snacking rounds milk	28 banana raisin & seed oatie milk	29 orange organic blossoms milk
pm snack	greek salad inf: pumpkin-red lentil purée cheddar or mozzarella cheese 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

inf/tod = infant/toddler substitute

milk and/or water are offered with all snacks