

fuelling healthy futures™



sheet pan greek chicken

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

	monday	tuesday	wednesday	thursday	friday
am snack	5 organic blossoms milk	6 melon müesli morning round	7 go bananas cereal milk	8 orange lemon cranberry muffin	9 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas	sunshine dahl basmati rice green peas & carrots cucumber raita	paprika chicken chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad	lentil bolognese whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	mac'n cheese mini broccoli
	orange	apple	pear inf: apple-mango-beet purée	mango	apple
pm snack	cheddar or mozzarella cheese cracked wheat crackers	baby carrots inf/tod: kiwi brown rice cakes spinach-organic tofu dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	apple sourdough crackers inf: organic crispbread crackers beany basil dip	banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	12 apple brown rice cakes organic raspberry fruit spread	13 pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	14 cinnamon granola inf: go bananas cereal milk	15 pear inf: apple-banana purée raisin & seed oatie	16 organic blossoms milk
lunch	garbanzo bean tajine brown rice green beans inf: steamed green beans	paprika chicken slow cooked beans quinoa green peas	beef & bean chili chili chili bang bang mini potatoes inf: whole wheat pita sweet corn	greek chicken wrap sheet pan greek chicken navy beans w/spinach whole wheat wrap inf: multigrain pocket bun brocco-kale mix tzatziki inf: sweet potato-carrot purée	marinara meatball sandwich marinara organic turkey meatballs marinara falafel bites multigrain pocket bun cucumber
	blueberry sauce	banana	mango	banana	orange
pm snack	tomato bruschetta 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 tortilla crisps inf/tod: cracked wheat crackers tomato salsa

= 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	19 whole grain squares milk	20 orange brioche bite	21 go bananas cereal milk	22 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	23 apple cranberry-orange morning round
lunch	marinara organic turkey meatballs 🌿 marinara falafel bites quinoa green peas pear inf: apple-banana purée	mexican beef burrito filling 🌿 bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée apple	beef & tomato pumpkin & beans 🌿 yellow rice coleslaw inf: blended coleslaw mango	lentil bolognese 🌿 whole grain penne veggie rainbow inf: mini broccoli orange	mac'n cheese 🌿 cucumber banana
pm snack	melon apple pie snacking rounds	bell pepper inf: apple-mango-beet purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple cocoa-beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	26 pear inf: applesauce cheddar or mozzarella cheese	27 kiwi whole wheat raisin bread apple butter	28 organic blossoms milk	29 mango whole wheat blueberry scone	30 cinnamon granola inf: organic blossoms milk
lunch	groovy organic chicken meatballs 🌿 groovy falafel bites potato mash sweet corn apple	tomato-spinach frijoles 🌿 basmati rice shredded cheddar napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée banana	gong bao chicken 🌿 gong bao tofu quinoa bell pepper inf: apple-mango-beet purée orange	chili chili bang bang 🌿 whole wheat roll green beans inf: steamed green beans banana	vegetarian pasta bake 🌿 brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée orange
pm snack	greek salad inf: pumpkin-red lentil purée folded basil loaf	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt	baby carrots inf/tod: soft carrots sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus

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