

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

lunch 1

# january 2026 menu

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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks



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