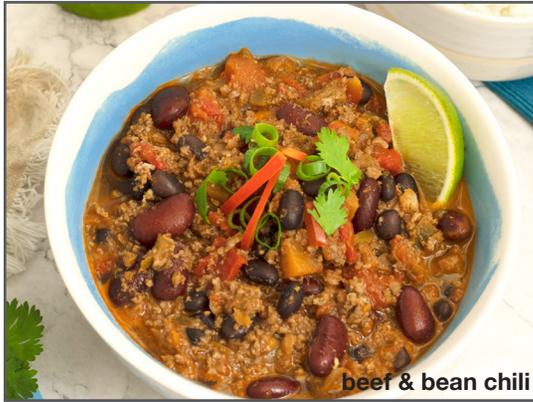


fuelling healthy futures™



beef & bean chili

## 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	<b>2</b> whole grain squares milk	<b>3</b> melon apple-cinnamon morning round	<b>4</b> go bananas cereal milk	<b>5</b> orange banana muffin	<b>6</b> hard boiled egg brioche bite
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole wheat pita green peas	<b>white bean curry</b> basmati rice steamed carrots cucumber raita	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup 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>mac'n cheese</b> mini broccoli
pm snack	apple onion bread marinara sauce shredded cheddar	orange baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	pear inf: apple-mango-beet purée <b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	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>9</b> apple brown rice cakes organic raspberry fruit spread	<b>10</b> pear inf: apple-banana purée vanilla maple yogurt inf: plain yogurt	<b>11</b> cinnamon granola inf: go bananas cereal milk	<b>12</b> pear inf: apple-banana purée raisin & seed oatie	<b>13</b> organic blossoms milk
lunch	<b>chickpea chowder</b> brown rice green beans inf: steamed green beans	<b>paprika chicken</b> <b>slow cooked beans</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</b> <b>sheet pan</b> <b>greek chicken</b> <b>navy beans</b> <b>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	mango sauce tomato bruschetta roasted red pepper loaf	banana apple organic crispbread crackers hummus	mango orange tortilla crisps inf/tod: cracked wheat crackers tomato salsa	banana apple whole wheat raisin bread maple soft cheese	orange <b>valentine's treat</b> baby carrots inf/tod: soft carrots cocoa sweetheart cookies inf: mini-moon biscuit milk

= 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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	monday	tuesday	wednesday	thursday	friday
am snack	16	17	18	19	20
lunch	Family Day	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream green peas & carrots	beef & tomato pumpkin & beans yellow rice cucumber	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	mac'n cheese cucumber
pm snack		clementine	orange	mango	banana
am snack	23	24	25	26	27
lunch	pear inf: applesauce cheddar or mozzarella cheese	kiwi whole wheat raisin bread apple butter	go bananas cereal milk	mango whole wheat blueberry scone	cinnamon granola inf: organic blossoms milk
pm snack	greek salad inf: pumpkin-red lentil purée folded basil loaf	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious 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
		tomato-spinach frijoles basmati rice shredded cheddar napa cabbage & spinach salad caesar dressing w/organic tofu inf: pumpkin-red lentil purée	gong bao chicken gong bao tofu quinoa bell pepper inf: apple-mango-beet purée	chili chili bang bang whole wheat roll green beans inf: steamed green beans	vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet potato-carrot purée
		apple	orange	banana	orange



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