

fuelling healthy futures™



## 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	2 pear inf: apple-mango-beet purée whole grain squares milk	3 melon apple-cinnamon morning round milk	4 pear inf: apple-mango-beet purée go bananas cereal milk	5 applesauce carrot muffin milk	6 apple hard boiled egg brioche bite
lunch	sri lankan chicken white bean curry multigrain pocket bun sweet corn	chili chili bang bang basmati rice steamed carrots shredded cheddar	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad	bolognese w/organic tofu whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli
pm snack	apple  cucumber onion bread cream cheese	pear inf: apple-mango-beet purée  baby carrots inf/tod: steamed green beans brown rice cakes dilly dip	orange  yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit apple	mango  apple sourdough crackers inf: organic crispbread crackers beany basil dip	orange  banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	9 apple brown rice cakes organic raspberry fruit spread milk	10 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt go bananas cereal	11 apple cinnamon granola inf: go bananas cereal milk	12 orange raisin & seed oatie milk	13 pear inf: apple-mango-beet purée cinnamon granola inf: apple pie snacking rounds milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa green peas	trinidadian curry beef trinidadian curry tofu mini potatoes inf: whole wheat pita green peas & carrots	chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">new!</span>	vegetarian pasta bake cucumber
pm snack	strawberry-rhubarb sauce  tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	banana  apple organic crispbread crackers hummus	pineapple <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">it's back!</span>  orange mini organic lemon cookies inf: mini-moon biscuit milk	banana  apple whole wheat raisin bread maple soft cheese	apple  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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carrot & flax fish

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[rfrk.com](http://rfrk.com)

lunch 1

# march 2026 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>16</b> apple whole grain squares milk	<b>17</b> orange brioche bite milk	<b>18</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>19</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt mango purée banana raisin & seed oatie	<b>20</b> apple cranberry-orange morning round milk
lunch-march break	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> focaccia slice sweet corn <i>It's back!</i>	<b>black beans in salsa</b> whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	<b>happy nowruz</b> <b>carrot &amp; flax fish</b> <b>spinach quiche</b> brown rice w/dill & parsley cuke & tomato shirazi salad inf: cucumber <i>It's back!</i>	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain penne veggie rainbow inf: mini broccoli	<b>mac'n cheese</b> cucumber
pm snack	pear inf: apple-mango-beet purée	apple	mango	orange	banana
am snack	melon apple pie snacking rounds milk	bell pepper inf: sweet potato- bell pepper purée <i>new!</i>	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	apple apple beet loaf milk	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	<b>23</b> applesauce brioche bite milk	<b>24</b> kiwi whole wheat raisin bread apple butter milk	<b>25</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>26</b> mango whole wheat blueberry scone milk	<b>27</b> pear inf: apple-mango-beet purée cinnamon granola inf: apple pie snacking rounds milk
lunch	<b>jerk chicken</b> <b>texan kidney beans</b> potato mash green peas	<b>sunshine dahl</b> basmati rice napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée cucumber raita	<b>chicken &amp; wild rice stew</b> <b>lentil &amp; mushroom stew</b> quinoa bell pepper inf: sweet potato & bell pepper 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 pea-kale purée
pm snack	apple pear inf: apple-mango-beet purée cheddar or mozzarella cheese cracked wheat crackers	banana <b>egg wrap</b> whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread	orange apple vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	apple baby carrots inf/tod: soft carrots cheddar or mozzarella cheese sundried tomato pasta salad	orange apple whole wheat mini bagel red pepper hummus

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