

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	30 whole grain squares milk	31 melon apple-cinnamon morning round	1 go bananas cereal milk	2 applesauce lemon cranberry muffin	3 Good Friday
lunch	sri lankan chicken white bean curry quinoa 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	marinara organic turkey meatballs marinara falafel bites multigrain pocket bun red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	
pm snack	apple cucumber onion bread cream cheese	orange baby carrots inf/tod: steamed green beans brown rice cakes spinach-organic tofu dip	apple yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	orange pear inf: apple-mango-beet purée pita crackers inf: organic crispbread crackers hummus	
am snack	6 apple brown rice cakes organic raspberry fruit spread	7 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	8 cinnamon granola inf: go bananas cereal milk	9 orange raisin & seed oatie	10 go bananas cereal milk
lunch	chickpea chowder brown rice green beans inf: steamed green beans	paprika chicken slow cooked beans quinoa green peas	trinidadian curry beef trinidadian curry tofu basmati rice sweet corn	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	vegetarian pasta bake cucumber
pm snack	orange applesauce brioche bite	banana apple organic crispbread crackers beany basil dip	pineapple orange mini organic lemon cookies inf: mini-moon biscuit milk	banana apple whole wheat raisin bread maple soft cheese	blueberry sauce 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	13 whole grain squares milk	14 orange brioche bite	15 go bananas cereal milk	16 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	17 apple cranberry-orange morning round
lunch	chick-a-noodle soup beany noodle soup onion bread sweet corn	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	beef & tomato pumpkin & beans yellow rice coleslaw inf: blended coleslaw	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	mac'n cheese cucumber
pm snack	pear inf: apple-mango-beet purée	apple	pineapple	orange	banana
am snack	melon apple pie snacking rounds	bell pepper inf: sweet potato-bell pepper purée	mini pizza frena bun marinara sauce shredded cheddar	apple apple beet loaf	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	20 pear inf: applesauce cheddar or mozzarella cheese	21 kiwi whole wheat raisin bread apple butter	22 go bananas cereal milk	23 pear inf: apple-mango-beet purée whole wheat blueberry scone	24 cinnamon granola inf: go bananas cereal milk
lunch	jerk chicken texan kidney beans potato mash green peas	sunshine dahl basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée	chicken & wild rice stew lentil & mushroom stew quinoa bell pepper inf: sweet potato & bell pepper 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 pea-kale purée
pm snack	apple	banana	orange	banana	orange
pm snack	greek salad inf: sweet potato-carrot 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 ginger-soy noodles w/edamame inf: ginger-soy noodles	apple whole wheat mini bagel red pepper hummus

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am snack	27 whole grain squares milk	28 melon apple-cinnamon morning round	29 go bananas cereal milk	30 applesauce banana muffin	1 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	chicken sandwich madagascar chicken chickpea patty multigrain pita bun 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	mac'n cheese mini broccoli
	apple	pear inf: apple-mango-beet purée	orange	pineapple	orange
pm snack	cucumber onion bread cream cheese	baby carrots inf/tod: steamed green beans brown rice cakes dilly 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

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Madagascar Chicken is BACK AND ready to make at home!



This globally inspired main features a marinade that's all about celebrating delicious diversity, with 14 different herbs & spices working together in harmony. It's perfect for kids who are starting to explore new tastes while still keeping the flavours friendly for little palates. Paired with juicy, organic Ontario chicken thighs, this amazing combination will be sending your family's taste buds on an international trip!

Fun fact: This recipe was developed with help from one of our Cook Team members who has been with us since 2006. We love when great food comes with a heartwarming story!

Our Real Food Recipes are only available through our monthly newsletter, *What's Cookin'*, so subscribe now so you don't miss out when this recipe drops on March 26th.

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