



fuelling healthy futures™



lunch 2

# april 2026 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>13</b> apple whole grain squares milk	<b>14</b> orange brioche bite milk	<b>15</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>16</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana raisin & seed oatie	<b>17</b> apple cranberry-orange morning round milk
<b>lunch</b>	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> onion bread sweet corn	<b>burrito bowl</b> <b>black beans in salsa</b> yellow rice sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée	<b>carrot &amp; flax fish</b> <b>spinach quiche</b> focaccia slice coleslaw inf: blended coleslaw	<b>mac'n cheese</b> veggie rainbow inf: mini broccoli	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain penne cucumber
<b>pm snack</b>	pear inf: apple-mango-beet purée	apple	pineapple	orange	banana
<b>am snack</b>	melon cinnamon bun snacking rounds milk	bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	<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
<b>am snack</b>	<b>20</b> orange cheddar or mozzarella cheese brown rice cakes	<b>21</b> kiwi whole wheat raisin bread apple butter milk	<b>22</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>23</b> apple whole wheat blueberry scone milk	<b>24</b> pear inf: apple-mango-beet purée cinnamon granola inf: go bananas cereal milk
<b>lunch</b>	<b>jerk chicken</b> <b>texan kidney beans</b> basmati rice green peas	<b>sunshine dahl</b> mini potatoes inf: whole wheat pita napa cabbage & cucumber raita spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée	<b>chicken &amp; wild rice stew</b> <b>lentil &amp; mushroom stew</b> whole wheat roll bell pepper inf: sweet potato & bell pepper purée	<b>masala fish</b> <b>mushroom quiche</b> quinoa green beans inf: steamed green beans	<b>vegetarian pasta bake</b> brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée
<b>pm snack</b>	apple	banana	orange	banana	orange
<b>pm snack</b>	greek salad inf: sweet potato-carrot 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 ginger-soy noodles w/edamame inf: ginger-soy noodles	apple whole wheat mini bagel red pepper hummus

## 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

= herbivore protein **inf/tod** = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	<b>27</b> pear inf: apple-mango-beet purée whole grain squares milk	<b>28</b> melon apple-cinnamon morning round milk	<b>29</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>30</b> applesauce banana muffin milk	<b>1</b> apple hard boiled egg brioche bite
lunch	<b>sri lankan chicken</b> white bean curry quinoa sweet corn	<b>chili chili bang bang</b> basmati rice steamed carrots shredded cheddar	<b>chicken sandwich</b> <b>madagascar chicken</b> <b>chickpea patty</b> multigrain pita bun fruity carrot salad inf: blended fruity carrot salad	<b>tuna &amp; salmon</b> <b>pasta bake</b> <b>w/chickpea spirals</b> red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	<b>bolognese</b> w/organic tofu whole grain rotini 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	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit apple	apple sourdough crackers inf: organic crispbread crackers beany basil dip	<b>banana roll up</b> 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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