

april 2026 menu

snack club

*tues &
thurs
delivery



ginger-soy noodles w/edamame

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 seasonal fruit go bananas cereal milk 2%	31* seasonal fruit cheddar or mozzarella cheese	1 seasonal fruit apple-cinnamon morning round	2* seasonal fruit lemon cranberry muffin	3 Good Friday 
pm snack	mini pizza frena bun marinara sauce shredded cheddar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber sundried tomato pasta salad	
am snack	6 seasonal fruit cinnamon granola milk 2%	7* hard boiled egg brioche bite	8 seasonal fruit vanilla maple yogurt	9* seasonal fruit go bananas cereal milk 2%	10 seasonal fruit raisin & seed oatie
pm snack	mango sauce apple pie snacking rounds	baby carrots organic crispbread crackers dill soft cheese	seasonal fruit mini organic lemon cookies	cucumber tortilla crisps tomato salsa	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	13 seasonal fruit cinnamon granola milk 2%	14* seasonal fruit muesli morning round	15 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	16* seasonal fruit go bananas cereal milk 2%	17 seasonal fruit whole wheat blueberry scone
pm snack	seasonal fruit cranberry bar	cheddar or mozzarella cheese cracked wheat crackers	baby carrots chickpea crisps red pepper saucy dipz	cucumber multigrain pocket bun cream cheese	seasonal fruit whole wheat wrap cocoa hummus
am snack	20 seasonal fruit go bananas cereal milk 2%	21* seasonal fruit raisin & seed oatie	22 seasonal fruit brown rice cakes maple soft cheese	23* seasonal fruit cinnamon granola milk 2%	24 super smoothie vanilla maple yogurt strawberry purée seasonal fruit
pm snack	egg salad wrap whole wheat wrap hard boiled egg picklicious spread	seasonal fruit purple corn popcorn	bell pepper & baby carrots sourdough crackers golden miso dip	applesauce apple pie snacking rounds	seasonal fruit apple beet loaf

*Tuesday's delivery includes snacks for Wednesday & Thursday. *Thursday's delivery includes snacks for Friday, Monday & Tuesday.

Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	27 seasonal fruit go bananas cereal milk 2%	28* seasonal fruit cheddar or mozzarella cheese	29 seasonal fruit apple-cinnamon morning round milk 2%	30* seasonal fruit banana muffin	1 seasonal fruit whole wheat wrap apple butter
pm snack	mini pizza frena bun marinara sauce shredded cheddar	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber ginger-soy noodles new! w/edamame	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus

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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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