

april 2026 menu

snack club

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

*Wednesday's delivery includes snacks for Thursday & Friday. *Friday's delivery includes snacks for Monday, Tuesday & Wednesday. Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

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am snack	27 seasonal fruit banana muffin	28 seasonal fruit go bananas cereal milk 2%	29* seasonal fruit cheddar or mozzarella cheese	30 seasonal fruit apple-cinnamon morning round	1* seasonal fruit whole wheat wrap apple butter
pm snack	mini pizza frena bun marinara sauce shredded cheddar	yogurt parfait honey yogurt cinnamon granola	cucumber ginger-soy noodles w/edamame <small>new!</small>	seasonal fruit whole wheat raisin bread cocoa hummus	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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