

fuelling healthy futures™



mac'n cheese

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	<b>4</b> apple brown rice cakes organic raspberry fruit spread	<b>5</b> orange raisin & seed oatie	<b>6</b> cinnamon granola inf: go bananas cereal milk	<b>7</b> pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	<b>8</b> go bananas cereal milk
lunch	<b>chickpea chowder</b> brown rice green beans inf: steamed green beans	<b>paprika chicken</b> <b>slow cooked beans</b> quinoa green peas	<b>trinidadian curry beef</b> <b>trinidadian</b> <b>curry tofu</b> basmati rice sweet corn	<b>chickpea crusted</b> <b>chicken meteorites</b> <b>falafel bites</b> whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	<b>vegetarian</b> <b>pasta bake</b> cucumber
pm snack	mango sauce  cucumber cracked wheat crackers dilly dip	banana  <b>cinco de mayo</b> tortilla crisps inf/tod: cracked wheat crackers tomato salsa apple	pineapple  pear inf: apple-mango-beet purée whole wheat raisin bread maple soft cheese	banana  apple mini organic lemon cookies inf: mini-moon biscuit milk	apple  baby carrots inf/tod: soft carrots organic crispbread crackers hummus
am snack	<b>11</b> whole grain squares milk	<b>12</b> orange brioche bite	<b>13</b> go bananas cereal milk	<b>14</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt blueberry purée banana	<b>15</b> apple cranberry-orange morning round
lunch	<b>chick-a-noodle soup</b> <b>beany noodle soup</b> onion bread green peas & carrots	<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>beef &amp; tomato</b> <b>pumpkin &amp; beans</b> yellow rice coleslaw inf: blended coleslaw	<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  melon apple pie snacking rounds	apple  bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	pineapple  <b>mini pizza</b> frena bun marinara sauce shredded cheddar	orange  apple apple beet loaf	banana  baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip

= 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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	monday	tuesday	wednesday	thursday	friday
am snack	18 Victoria Day 18	19	20	21	22
lunch	18 Victoria Day 18	19	20	21	22
pm snack	18 Victoria Day 18	19	20	21	22
am snack	25	26	27	28	29
lunch	25	26	27	28	29
pm snack	25	26	27	28	29

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\* YMCA centres will receive cream cheese

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