

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

lunch 1

# may 2026 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>4</b> apple brown rice cakes organic raspberry fruit spread milk	<b>5</b> orange raisin & seed oatie milk	<b>6</b> apple cinnamon granola inf: go bananas cereal milk	<b>7</b> pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt go bananas cereal	<b>8</b> pear inf: apple-mango-beet purée go bananas cereal milk
<b>lunch</b>	<b>chickpea chowder</b> brown rice green beans inf: steamed green beans	<b>provençal fish filet</b> <b>red pepper quiche</b> quinoa green peas	<b>trinidadian curry beef</b> <b>trinidadian curry tofu</b> basmati rice sweet corn	<b>chickpea crusted 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 pasta bake</b> cucumber
	mango sauce	banana	pineapple	banana	apple
<b>pm snack</b>	cucumber cracked wheat crackers dilly dip	<b>cinco de mayo</b> tortilla crisps inf/tod: cracked wheat crackers tomato salsa apple	pear inf: apple-mango-beet purée whole wheat raisin bread maple soft cheese	apple mini organic lemon cookies inf: mini-moon biscuit milk	baby carrots inf/tod: soft carrots organic crispbread crackers hummus
<b>am snack</b>	<b>11</b> apple whole grain squares milk	<b>12</b> orange brioche bite milk	<b>13</b> pear inf: apple-mango-beet purée go bananas cereal milk	<b>14</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt blueberry purée banana raisin & seed oatie	<b>15</b> apple cranberry-orange morning round milk
<b>lunch</b>	<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>carrot &amp; flax fish spinach quiche</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
	pear inf: apple-mango-beet purée	apple	pineapple	orange	banana
<b>pm snack</b>	melon apple pie 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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	18 Victoria Day 19	19	20	21	22
lunch	18 Victoria Day 19	19	20	21	22
pm snack	18 Victoria Day 19	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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milk and/or water are offered at meals and snacks