

fuelling healthy futures™



coconut & chia cookies

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

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- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

june 2026 menu

	monday	tuesday	wednesday	thursday	friday
Local food week 🌱	1 am snack apple brown rice cakes organic raspberry fruit spread milk	2 pear inf: apple-mango-beet purée honey yogurt inf: plain yogurt apple pie snacking rounds	3 apple cinnamon granola inf: go bananas cereal milk	4 orange whole wheat blueberry scone milk	5 pear inf: apple-mango-beet purée go bananas cereal milk
	pm snack tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	apple organic crispbread crackers hummus	orange coconut & chia cookies ^{new!} inf: mini-moon biscuit milk	apple whole wheat raisin bread maple soft cheese	baby carrots inf/tod: soft carrots tortilla crisps inf/tod: cracked wheat crackers tomato salsa
am snack	8 pear inf: apple-mango-beet purée whole grain squares milk	9 orange brioche bite milk	10 pear inf: apple-mango-beet purée go bananas cereal milk	11 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana raisin & seed oatie	12 apple cinnamon & chia ^{new!} oatmeal milk
pm snack	melon apple pie snacking rounds milk	bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	mini pizza frena bun marinara sauce shredded cheddar	apple cocoa-zucchini loaf ^{it's back!} milk	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	15 mini strawberries cheddar or mozzarella cheese brown rice cakes	16 kiwi whole wheat raisin bread apple butter milk	17 pear inf: pear-blueberry purée go bananas cereal milk	18 pineapple raisin & seed oatie milk	19 pear inf: apple-mango-beet purée cinnamon granola inf: go bananas cereal milk
pm snack	greek salad inf: sweet potato-carrot purée folded basil loaf milk	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	cucumber cheddar or mozzarella cheese sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus
am snack	22 pear inf: pear-blueberry purée whole grain squares milk	23 melon apple-cinnamon morning round milk	24 pear inf: apple-mango-beet purée go bananas cereal milk	25 banana-spinach sauce ^{new!} lemon cranberry muffin milk	26 orange hard boiled egg brioche bite
pm snack	cucumber onion bread cream cheese	bell pepper inf/tod: steamed green beans brown rice cakes dilly dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit apple	clementine [🌞] pita crackers inf/tod: organic crispbread crackers beany basil dip	banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana

inf/tod = infant/toddler substitute

🌞 = seasonal special

milk and/or water are offered with all snacks