

fuelling healthy futures™



squash-coconut soup

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

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
	lunch garbanzo bean tajine mini potatoes inf: whole wheat pita green beans inf: steamed green beans	provençal fish filet red pepper quiche quinoa green peas	filipino beef giniling chili chili bang bang basmati rice sweet corn	chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	mac'n cheese cucumber
	strawberry-rhubarb sauce	banana	pineapple	banana	orange
pm snack	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	apple organic crispbread crackers hummus	orange coconut & chia cookies 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 oatmeal milk
lunch	soup & sammie hummus & cheddar cheese slice multigrain pita bun squash-coconut soup	bean burrito filling whole wheat wrap inf: multigrain pocket bun green peas sour cream	carrot & flax fish spinach quiche yellow rice coleslaw inf: blended coleslaw	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli	vegetarian pasta bake cucumber
	apple	pear inf: pear-blueberry purée	pineapple	orange	banana
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 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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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
lunch	groovy organic chicken meatballs groovy falafel bites potato mash green peas	white bean curry basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée	beef & tomato pumpkin & beans quinoa bell pepper inf: sweet potato & bell pepper purée	masala fish mushroom quiche whole wheat roll green beans inf: steamed green beans	mac'n cheese brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée
	orange	banana	orange	banana	orange
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 lemon cranberry muffin milk	26 orange hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas & carrots	tomato-spinach frijoles basmati rice shredded cheddar steamed carrots	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	ratatouille w/organic tofu whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	vegetarian pasta bake mini broccoli
	orange	banana	orange	itty bitty mango bites	pineapple, melon & orange
pm snack	cucumber onion bread cream cheese	bell pepper inf: 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

= herbivore protein **inf/tod** = infant/toddler substitute
 = seasonal special

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