

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

snack club

*wed & fri delivery

	monday	tuesday	wednesday	thursday	friday
local food week	1 am snack hard boiled egg brioche bite	2 seasonal fruit cinnamon granola milk 2%	3* seasonal fruit honey yogurt	4 seasonal fruit go bananas cereal milk 2%	5* seasonal fruit raisin & seed oatie
	pm snack seasonal fruit organic crispbread crackers dill soft cheese	strawberry-rhubarb sauce apple pie snacking rounds	seasonal fruit coconut & chia cookies new!	cucumber tortilla crisps tomato salsa	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	8 seasonal fruit cinnamon granola milk 2%	9 seasonal fruit muesli morning round	10* seasonal fruit go bananas cereal milk 2%	11 seasonal fruit whole wheat raisin bread organic apricot fruit spread new!	12* 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 bites cracked wheat crackers	seasonal fruit whole wheat wrap cocoa hummus
am snack	15 seasonal fruit brown rice cakes maple soft cheese	16 seasonal fruit go bananas cereal milk 2%	17* seasonal fruit cinnamon & chia oatmeal new!	18 super smoothie vanilla maple yogurt mango purée seasonal fruit	19* seasonal fruit cinnamon granola milk 2%
	pm snack egg salad wrap hard boiled egg whole wheat wrap picklicious spread	seasonal fruit purple corn popcorn	applesauce apple pie snacking rounds	bell pepper & baby carrots sourdough crackers golden miso dip	seasonal fruit cocoa-zucchini loaf it's back!
am snack	22 banana-spinach sauce new! lemon cranberry muffin	23 seasonal fruit go bananas cereal milk 2%	24* cheddar or mozzarella cheese cracked wheat crackers	25 seasonal fruit cinnamon granola milk 2%	26* seasonal fruit whole wheat wrap apple butter
	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	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus

*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