



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	29 orange whole wheat raisin bread organic raspberry fruit spread	30 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	1 Canada Day 	2 orange raisin & seed oatie	3 go bananas cereal milk
lunch	beef & bean chili chili chili bang bang mini potatoes inf: whole wheat pita green beans inf: steamed green beans blueberry sauce	chicken burger  chickpea patty multigrain pita bun real food ketchup baby romaine apple cider vinaigrette inf: pumpkin-red lentil purée apple		chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée pineapple	garbanzo bean tajine basmati rice cucumber apple
pm snack	tomato bruschetta roasted red pepper loaf	canada day treat  maple snap cookies inf: mini-moon biscuit orange milk		cheddar or mozzarella cheese brown rice cakes	clementine  tortilla crisps inf/tod: cracked wheat crackers tomato salsa
am snack	6 whole grain squares milk	7 orange brioche bite	8 go bananas cereal milk	9 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana	10 apple cinnamon & chia oatmeal
lunch	soup & sammie hummus & cheddar cheese slice multigrain pita bun squash & coconut soup apple	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée stone fruit 	beef & tomato pumpkin & beans yellow rice coleslaw inf: blended coleslaw itty bitty mango bites 	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli stone fruit 	vegetarian pasta bake cucumber banana
pm snack	orange apple pie snacking rounds	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	snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip



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am snack	13 pear inf: applesauce cheddar or mozzarella cheese	14 kiwi whole wheat raisin bread apple butter	15 go bananas cereal milk	16 pineapple whole wheat blueberry scone	17 cinnamon granola inf: go bananas cereal milk
lunch	groovy organic chicken meatballs groovy falafel bites potato mash green peas orange	white bean curry basmati rice cucumber raita napa cabbage & spinach salad ranch dressing w/organic tofu inf: pumpkin-red lentil purée banana	gong bao chicken gong bao tofu quinoa bell pepper inf: sweet potato & bell pepper purée stone fruit	chili chili bang bang whole wheat roll green beans inf: steamed green beans banana	mac'n cheese brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée orange
pm snack	greek salad inf: sweet potato-carrot purée folded basil loaf	egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklicious spread	apple vanilla maple yogurt inf: plain yogurt	cucumber sundried tomato pasta salad	apple whole wheat mini bagel red pepper hummus
am snack	20 whole grain squares milk	21 kiwi muesli morning round	22 go bananas cereal milk	23 banana-spinach sauce banana muffin	24 hard boiled egg brioche bite
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas & carrots orange	tomato-spinach frijoles basmati rice shredded cheddar steamed carrots pear inf: pear-blueberry purée	mumbai chicken chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad orange	marinara organic turkey meatballs marinara falafel bites whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée apple	vegetarian pasta bake mini broccoli stone fruit
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	itty bitty mango bites sourdough crackers inf: 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

fish-free menu to accommodate severe allergies
milk and/or water are offered at meals and snacks



chicken burger

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am snack	27 orange brown rice cakes organic raspberry fruit spread	28 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt	29 cinnamon granola inf: go bananas cereal milk	30 stone fruit raisin & seed oatie	31 go bananas cereal milk
lunch	garbanzo bean tajine mini potatoes inf: whole wheat pita green beans inf: steamed green beans	paprika chicken slow cooked beans quinoa green peas	filipino beef giniling chili chili bang bang basmati rice brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun sweet corn	mac'n cheese cucumber
	mango sauce	banana	pineapple	banana	orange
pm snack	tomato bruschetta roasted red pepper loaf	apple organic crispbread crackers hummus	orange mini organic lemon 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

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Real Food favourites now available at Spatulafoods.ca



For years, parents and caregivers have been asking us how to get Real Food at home. Now thanks to our partnership with **Spatula Foods**, a selection of Real Food for Real Kids' most-loved meals are available for families to order in convenient, single-serve kid-sized meals, perfect for busy weeknights or packing to-go.

Spatula Foods is a platform that delivers chef-crafted, flash-frozen meals right to your door, making it easier to keep great options on hand without the extra prep, planning, or last-minute grocery run.

Grab our **Mac'n Cheese**, **Chicken Curry with Basmati Rice**, **White Bean Curry with Basmati Rice** and **Chicken Meatballs with Carrot Gravy & Potato Mash** today.

Visit spatulafoods.ca or scan the QR code.

