

fuelling healthy futures™



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 milk	30 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	1 <i>Canada Day</i> 	2 orange raisin & seed oatie milk	3 pear inf: pear-blueberry purée go bananas cereal milk
pm snack	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	canada day treat maple snap cookies inf: mini-moon biscuit orange milk		apple cheddar or mozzarella cheese brown rice cakes	clementine tortilla crisps inf/tod: cracked wheat crackers tomato salsa
am snack	6 pear inf: apple-mango-beet purée whole grain squares milk	7 orange brioche bite milk	8 pear inf: pear-blueberry purée go bananas cereal milk	9 super smoothie vanilla maple yogurt inf: plain yogurt strawberry purée banana raisin & seed oatie	10 apple cinnamon & chia oatmeal milk
pm snack	orange 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	snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	13 pear inf: applesauce cheddar or mozzarella cheese brown rice cakes	14 kiwi whole wheat raisin bread apple butter milk	15 pear inf: apple-mango-beet purée go bananas cereal milk	16 pineapple whole wheat blueberry scone milk	17 pear inf: pear-blueberry 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	20 pear inf: apple-mango-beet purée whole grain squares milk	21 kiwi müesli morning round milk	22 pear inf: apple-mango-beet purée go bananas cereal milk	23 banana-spinach sauce banana muffin milk	24 orange hard boiled egg brioche bite
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	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

inf/tod = infant/toddler substitute

= seasonal special

milk and/or water are offered with all snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	27 orange brown rice cakes organic raspberry fruit spread milk	28 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	29 apple cinnamon granola inf: go bananas cereal milk	30 stone fruit 🌞 raisin & seed oatie milk	31 pear inf: pear-blueberry purée go bananas cereal milk
pm snack	tomato bruschetta cheddar or mozzarella cheese 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

🌿 = herbivore protein inf/tod = infant/toddler substitute
☀️ = seasonal special

milk and/or water are offered at meals and snacks

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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.

