

fuelling healthy futures™



chicken burger

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

july 2026 menu

	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 Canada Day 	2 orange raisin & seed oatie milk	3 pear inf: pear-blueberry purée go bananas cereal milk
lunch	beef & bean chili chili chili bang bang mini potatoes inf: whole wheat pita green beans inf: steamed green beans	chicken burger chickpea patty multigrain pita bun real food ketchup baby romaine apple cider vinaigrette inf: pumpkin-red lentil purée		chicken fajita curried lentils whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée	garbanzo bean tajine basmati rice cucumber
pm snack	blueberry sauce tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	apple canada day treat maple snap cookies inf: mini-moon biscuit orange milk		pineapple apple cheddar or mozzarella cheese brown rice cakes	apple 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
lunch	soup & sammie hummus & cheddar cheese slice multigrain pita bun squash & coconut soup	bean burrito filling whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée	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
pm snack	apple orange apple pie snacking rounds milk	stone fruit bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	itty bitty mango bites mini pizza frena bun marinara sauce shredded cheddar	stone fruit apple cocoa-zucchini loaf milk	banana snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip

= herbivore protein inf/tod = infant/toddler substitute

= seasonal special

milk and/or water are offered at meals and snacks

fuelling healthy futures™



chicken burger

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	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
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	gong bao chicken gong bao tofu 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	stone fruit ☀️	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	20 pear inf: apple-mango-beet purée whole grain squares milk	21 kiwi muesli 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
lunch	pollo cacciatore lentil bolognese multigrain pocket bun green peas & carrots	tomato-spinach frijoles basmati rice shredded cheddar steamed carrots	mumbai chicken 🔄 chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad	marinara organic turkey meatballs marinara falafel bites whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée	vegetarian pasta bake mini broccoli
	orange	pear inf: pear-blueberry purée	orange	apple	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 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

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

milk and/or water are offered at meals and snacks

fuelling healthy futures™



chicken burger

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	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
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 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	skipjack tuna ^(new) mac'n cheese tomato-lentil sauce w/chickpea spirals cucumber
	mango sauce	banana	pineapple	banana	orange
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

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.

