

july 2026 menu

snack club

*tues &
thurs
delivery



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

	monday	tuesday	wednesday	thursday	friday
am snack	29 seasonal fruit cinnamon granola milk 2%	30* hard boiled egg brioche bite	1 Canada Day 	2* seasonal fruit raisin & seed oatie	3 seasonal fruit cinnamon granola milk 2%
pm snack	baby carrots organic crispbread crackers dill soft cheese	canada day treat maple snap cookies mango sauce		seasonal fruit brown rice cakes maple soft cheese	baby carrots tortilla crisps tomato salsa
am snack	6 blueberry sauce apple pie snacking rounds	7* seasonal fruit cinnamon granola milk 2%	8 seasonal fruit brioche bite	9* seasonal fruit go bananas cereal milk 2%	10 super smoothie vanilla maple yogurt strawberry purée seasonal fruit
pm snack	seasonal fruit multigrain pocket bun cream cheese	seasonal fruit cranberry bar	mini pizza frena bun marinara sauce shredded cheddar	seasonal fruit cracked wheat crackers dill soft cheese	snap peas & carrots brown rice cakes golden miso dip
am snack	13 seasonal fruit cinnamon granola milk 2%	14* seasonal fruit cinnamon & chia oatmeal	15 seasonal fruit go bananas cereal milk 2%	16* seasonal fruit whole wheat raisin bread apple butter	17 seasonal fruit whole wheat blueberry scone
pm snack	baby carrots whole wheat mini bagel cream cheese	seasonal fruit cracked wheat crackers red pepper saucy dipz	seasonal fruit vanilla maple yogurt	egg salad wrap whole wheat wrap hard boiled egg picklickious spread	seasonal fruit purple corn popcorn
am snack	20 seasonal fruit cinnamon granola milk 2%	21* cheddar or mozzarella cheese cracked wheat crackers	22 seasonal fruit go bananas cereal milk 2%	23* applesauce muesli morning round	24 seasonal fruit banana muffin
pm snack	seasonal fruit sourdough crackers beany basil dip	baby carrots sundried tomato pasta salad	cucumber onion bread cream cheese	yogurt parfait honey yogurt cinnamon granola	seasonal fruit whole wheat wrap cocoa hummus

*Tuesday's delivery includes snacks for Wednesday & Thursday. *Thursday's delivery includes snacks for Friday, Monday & Tuesday.
Seasonal fruit rotates between apples, oranges, pears, kiwis, bananas, melons, pineapples & other fruits.

water offered with all snacks

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	monday	tuesday	wednesday	thursday	friday
am snack	27 hard boiled egg brioche bite	28* seasonal fruit vanilla maple yogurt	29 seasonal fruit cinnamon granola milk 2%	30* seasonal fruit brown rice cakes organic apricot fruit spread new	31 seasonal fruit whole wheat raisin bread maple soft cheese
pm snack	seasonal fruit apple pie snacking rounds	seasonal fruit mini organic lemon cookies	seasonal fruit organic crispbread crackers hummus	mango sauce purple corn popcorn	baby carrots tortilla crisps tomato salsa

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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.

