

july 2026 menu

snack club

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

*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

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	monday	tuesday	wednesday	thursday	friday
am snack	27 seasonal fruit brown rice cakes organic apricot fruit spread new!	28 seasonal fruit apple pie snacking rounds	29* hard boiled egg brioche bite	30 seasonal fruit raisin & seed oatie	31* seasonal fruit cinnamon granola milk 2%
pm snack	seasonal fruit vanilla maple yogurt	seasonal fruit multigrain pocket bun cocoa hummus	mango sauce mini organic lemon cookies	seasonal fruit whole wheat raisin bread maple soft cheese	baby carrots organic crispbread crackers 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

Real Food favourites now available at [Spatulafoods.ca](https://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.

