



cocoa-zucchini loaf

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

august 2026 menu

	monday	tuesday	wednesday	thursday	friday
am snack	3 Civic Holiday 	4 apple cheddar or mozzarella cheese cracked wheat crackers	5 pear inf: apple-mango-beet purée go bananas cereal milk	6 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana raisin & seed oatie	7 itty bitty mango bites apple-cinnamon morning round milk
pm snack		mini pizza frena bun marinara sauce shredded cheddar	orange brioche bite milk	apple cocoa-zucchini loaf milk	mini tomatoes, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip
am snack	10 pear inf: applesauce cheddar or mozzarella cheese brown rice cakes	11 kiwi whole wheat raisin bread apple butter milk	12 pear inf: apple-mango-beet purée go bananas cereal milk	13 pineapple whole wheat blueberry scone milk	14 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	17 pear inf: apple-mango-beet purée whole grain squares milk	18 mini watermelon  cranberry-orange morning round milk	19 pear inf: pear-blueberry purée go bananas cereal milk	20 banana-spinach sauce carrot muffin milk	21 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 chickpea crisps inf/tod: organic crispbread crackers beany basil dip	banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana
am snack	24 orange brown rice cakes organic raspberry fruit spread milk	25 pear inf: pear-blueberry purée vanilla maple yogurt inf: plain yogurt apple pie snacking rounds	26 apple cinnamon granola inf: go bananas cereal milk	27 stone fruit  raisin & seed oatie milk	28 pear inf: apple-mango-beet purée go bananas cereal milk
pm snack	tomato bruschetta cheddar or mozzarella cheese roasted red pepper loaf	apple organic crispbread crackers hummus	orange coconut & chia 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

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	31 pear inf: pear-blueberry purée whole grain squares milk	1 orange brioche bite milk	2 pear inf: apple-mango-beet purée go bananas cereal milk	3 super smoothie vanilla maple yogurt inf: plain yogurt mango purée banana raisin & seed oatie	4 itty bitty mango bites cinnamon & chia oatmeal milk
pm snack	mini pizza frena bun marinara sauce shredded cheddar	bell pepper inf: sweet potato- bell pepper purée cracked wheat crackers dill soft cheese	melon apple pie snacking rounds milk	apple cocoa-zucchini loaf milk	snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip

🌿 = herbivore protein inf/tod = infant/toddler substitute

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.

Use code **RRFKSUMMER26** to get 50% off your first Spatula order. Valid until August 31, 2026.
Visit spatulafoods.ca or scan the QR code now.

