

august 2026 menu

snack club

*wed & fri
delivery



sundried tomato pasta salad

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	3 Civic Holiday 	4 seasonal fruit brioche bite	5* seasonal fruit cinnamon granola milk 2%	6 super smoothie vanilla maple yogurt blueberry purée seasonal fruit	7* seasonal fruit apple pie snacking rounds
pm snack		seasonal fruit cracked wheat crackers dill soft cheese	baby carrots tortilla crisps tomato salsa	seasonal fruit cocoa-zucchini loaf	mini pizza frena bun marinara sauce shredded cheddar
am snack	10 seasonal fruit go bananas cereal milk 2%	11 seasonal fruit cheddar or mozzarella cheese	12* seasonal fruit apple-cinnamon morning round	13 seasonal fruit whole wheat blueberry scone	14* 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 picklicious spread
am snack	17 seasonal fruit cinnamon granola milk 2%	18 cheddar or mozzarella cheese cracked wheat crackers	19* seasonal fruit go bananas cereal milk 2%	20 seasonal fruit carrot muffin	21* seasonal fruit cranberry-orange morning round
pm snack	cucumber whole wheat mini bagel red pepper hummus	seasonal fruit onion bread cream cheese	seasonal fruit purple corn popcorn	seasonal fruit chickpea crisps beany basil dip	yogurt parfait honey yogurt cinnamon granola
am snack	24 seasonal fruit brown rice cakes organic blueberry fruit spread	25 seasonal fruit apple pie snacking rounds	26* hard boiled egg brioche bite	27 seasonal fruit raisin & seed oatie	28* seasonal fruit cinnamon granola milk 2%
pm snack	seasonal fruit vanilla maple yogurt	seasonal fruit multigrain pocket bun cocoa hummus	strawberry-rhubarb sauce coconut & chia cookies	seasonal fruit whole wheat raisin bread maple soft cheese	baby carrots organic crispbread crackers hummus

*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	31 seasonal fruit cinnamon granola milk 2%	1 seasonal fruit muesli morning round	2* seasonal fruit go bananas cereal milk 2%	3 seasonal fruit whole wheat raisin bread organic apricot fruit spread	4* seasonal fruit whole wheat blueberry scone
pm snack	cucumber multigrain pocket bun cream cheese	seasonal fruit cranberry bar	snap peas & carrots chickpea crisps red pepper saucy dipz	cheddar bites cracked wheat crackers	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.

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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.

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.

