



three sisters soup

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	7 Labour Day 	8 kiwi whole wheat raisin bread cream cheese	9 go bananas cereal milk	10 avocado bean ^{new!} spread whole wheat mini bagel	11 cinnamon granola inf: go bananas cereal milk
lunch		 sunshine dahl basmati rice green peas & carrots cucumber raita pear inf: pear-blueberry purée	 chicken & wild rice stew  pumpkin chana curry ^{new!} quinoa baby romaine balsamic dressing inf: sweet potato- bell pepper purée orange	 chili chili bang bang whole wheat roll green beans inf: steamed green beans mini strawberries	 vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée banana
pm snack		egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread	apple vanilla maple yogurt inf: plain yogurt	cucumber ginger-soy noodles w/edamame inf: ginger-soy noodles	pineapple whole wheat blueberry scone
am snack	14 whole grain squares milk	15 mini watermelon cranberry-orange morning round	16 banana-spinach sauce carrot muffin	17 go bananas cereal milk	18 hard boiled egg brioche bite
lunch	 sri lankan chicken  white bean curry multigrain pocket bun green peas apple	 chili chili bang bang basmati rice shredded cheddar steamed carrots pear inf: apple-mango-beet purée	 beef burger  chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad orange	 bolognese w/organic tofu whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée apple	 mac'n cheese mini broccoli orange
pm snack	cucumber onion bread cream cheese	bell pepper inf: steamed green beans sourdough crackers inf: organic crispbread crackers dilly dip	yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit	itty bitty mango bites brown rice cakes beany basil dip	banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana



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am snack	21 apple brown rice cakes organic raspberry fruit spread	22 pear inf: pear-blueberry purée vanilla maple yogurt inf: plain yogurt	23 cinnamon granola inf: go bananas cereal milk	24 pear inf: apple-mango-beet purée raisin & seed oatie	25 go bananas cereal milk
lunch	chickpea chowder mini potatoes inf: whole wheat pita green peas strawberry-rhubarb sauce	paprika chicken slow cooked beans quinoa green beans inf: steamed green beans banana	beef & barley stew lentil & mushroom stew brown rice sweet corn pineapple	chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée orange	vegetarian pasta bake cucumber banana
pm snack	tomato bruschetta roasted red pepper loaf	apple organic crispbread crackers red pepper hummus	orange organic mini 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
am snack	28 whole grain squares milk	29 orange brioche bite	30 go bananas cereal milk	1 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana	2 apple whole wheat pita cream cheese
lunch	three sisters soup onion bread green beans inf: steamed green beans pear inf: apple-mango-beet purée	black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad balsamic dressing inf: sweet potato-carrot purée apple	beef & tomato pumpkin & beans yellow rice coleslaw inf: blended coleslaw itty bitty mango bites	beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli orange	mac'n cheese cucumber banana
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 cinnamon bun snacking rounds	apple pumpkin loaf	snap peas & carrots inf/tod: roasted sweet potato brown rice cakes golden miso dip