

september 2026 menu

snack club

*tues &
thurs
delivery



pumpkin 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

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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

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	monday	tuesday	wednesday	thursday	friday
am snack	7 Labour Day 	8* seasonal fruit brioche bite	9 seasonal fruit brown rice cakes maple soft cheese	10* seasonal fruit cinnamon granola milk 2%	11 super smoothie vanilla maple yogurt mango purée seasonal fruit
pm snack		seasonal fruit purple corn popcorn	baby carrots sourdough crackers golden miso dip	applesauce apple pie snacking rounds	seasonal fruit pumpkin loaf
am snack	14 seasonal fruit go bananas cereal milk 2%	15* cheddar or mozzarella cheese cracked wheat crackers	16 seasonal fruit cinnamon granola milk 2%	17* banana-spinach sauce carrot muffin	18 seasonal fruit whole wheat wrap apple butter
pm snack	mini pizza frena bun marinara sauce shredded cheddar	seasonal fruit cranberry bar	seasonal fruit whole wheat raisin bread cocoa hummus	cucumber ginger-soy noodles w/edamame	baby carrots, broccoli & cauliflower brown rice cakes red pepper hummus
am snack	21 seasonal fruit cinnamon granola milk 2%	22* hard boiled egg brioche bite	23 seasonal fruit vanilla maple yogurt	24* seasonal fruit go bananas cereal milk 2%	25 seasonal fruit raisin & seed oatie
pm snack	strawberry-rhubarb sauce apple pie snacking rounds	baby carrots organic crispbread crackers dill soft cheese	seasonal fruit organic mini lemon cookies	cucumber tortilla crisps tomato salsa	veggie roll up whole wheat wrap carrot matchsticks hummus
am snack	28 seasonal fruit go bananas cereal milk 2%	29* seasonal fruit cranberry-orange morning round	30 seasonal fruit whole wheat raisin bread organic blueberry fruit spread	1* seasonal fruit cinnamon granola milk 2%	2 seasonal fruit whole wheat blueberry scone
pm snack	cucumber multigrain pocket bun cream cheese	yogurt parfait honey yogurt cinnamon granola	baby 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.

water offered with all snacks