

september 2026 menu

snack club

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