



the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



- wild Skipjack tuna & Canadian salmon, sustainably-sourced



- whole grains throughout the menu

from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics*
 - organic chicken meatballs and turkey
- *some exceptions may apply to accommodate religious needs



- focus on fruits, vegetables & products grown & produced locally & sustainably



- dairy products & organic tofu



- globally inspired dishes



- we advocate for mandatory labelling of GMOs

peanut & tree nut free

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	monday	tuesday	wednesday	thursday	friday
am snack	3 granola inf: organic brown rice blossoms milk	4 pear inf: apple-pear purée granola pucks	5 mini whole wheat bagel organic raspberry fruit spread milk	6 organic multigrain squares milk	7 clementine muesli morning round
lunch	new england fish chowdah bean cassoulet whole wheat roll green peas	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots	jerk chicken texan kidney beans red & white quinoa coleslaw inf: blended coleslaw	sunshine dahl brown rice veggie rainbow inf: mini broccoli cucumber raita	mac chick 'n cheese vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée
pm snack	apple egg cracker stackers rice crackers inf: whole wheat mini pita mayo w/organic tofu hard boiled egg	orange apple cheddar bites	diced melon veggie roll up whole wheat wrap inf: organic corn & quinoa cake dill soft cheese cucumber	apple fruit pizza whole wheat pita cocoa chic'pea spread banana	banana tomato bruschetta whole wheat garlic baguette
am snack	10 cheddar bites cracked wheat crackers	11 organic super O's milk	12 orange whole wheat pita maple soft cheese	13 applesauce cranberry-orange morning round	14 organic multigrain squares milk
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream	chickpea chowder quinoa cucumber	chicken meteorites chickpea patty tricolour pasta salad steamed carrots real food ketchup	provençal fish filet red pepper quiche brown rice green beans inf: steamed green beans	beef & barley stew lentil & mushroom stew whole wheat garlic baguette mini broccoli
pm snack	orange apple cocoa-beet loaf milk	apple vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	banana tortilla crisps inf/tod: multigrain rocket bun tomato salsa	diced melon cucumber croissant	banana apple mini cocoa cookies inf: cinnamon-raisin snacking round milk

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

milk offered with all lunches. water or milk offered with snacks.



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	monday	tuesday	wednesday	thursday	friday
am snack	17	18	19	20	21
lunch	Family Day				
pm snack					
am snack	24	25	26	27	28
lunch					
pm snack					

= herbivore protein inf/tod = infant/toddler substitute

milk offered with all lunches. water or milk offered with snacks.