

enabling & inspiring a lifetime of healthy eating™



sunshine dahl

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

#RFRKeveryday | rfrk.com

	monday	tuesday	wednesday	thursday	friday	
am snack	30 vanilla maple yogurt inf: plain yogurt muesli morning round	31 organic strawberry granola milk	1 	2 applesauce organic quinoa crunchies	3 organic multigrain squares milk	
lunch	chickpea chowder basmati rice green beans inf: steamed green beans pear inf: banana-pear purée	chicken & wild rice stew h: loco lima beans quinoa green peas & carrots apple	Happy New Year!		beef bolognese h: lentil bolognese whole grain rotini bell peppers inf: apple-mango-beet purée diced melon	chili w/organic turkey h: chili chili bang bang half whole wheat pita mini potatoes green peas apple
pm snack	apple hard boiled egg	orange trail mix inf: apple-cinnamon snacking round		cheddar or mozzarella cheese puffed rice square	tortilla crisps inf/tod: whole wheat pita avocado bean guacamole	
am snack	6 applesauce organic quinoa crunchies	7 organic multigrain squares milk	8 mini whole wheat bagel organic blueberry fruit spread milk	9 granola inf: organic brown rice blossoms milk	10 orange muesli morning round	
lunch	new england fish chowdah h: bean cassoulet whole wheat roll green peas pear inf: apple-pear purée	marinara beef meatballs h: marinara falafel bites whole grain pasta steamed carrots orange	jerk chicken h: texan kidney beans red & white quinoa coleslaw inf: blended coleslaw diced melon	sunshine dahl brown rice veggie rainbow inf: mini broccoli cucumber raita apple	mac chick 'n cheese h: vegan cheese sauce w/rice pasta tiny chopped salad balsamic dressing inf: cauliflower-carrot-coconut purée banana	
pm snack	cheddar or mozzarella cheese puffed rice square	apple hard boiled egg	veggie roll up whole wheat wrap inf/tod: organic corn & quinoa cake dill soft cheese cucumber	fruit pizza whole wheat pita cocoa chic'pea spread banana	tomato bruschetta whole wheat garlic baguette	

h = herbivore protein **inf/tod** = infant/toddler substitute

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



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am snack	13 cheddar bites cracked wheat crackers	14 organic super O's milk	15 orange whole wheat pita maple soft cheese	16 applesauce cranberry-orange morning round	17 organic multigrain squares milk
lunch	mexican beef burrito filling h: bean burrito filling whole wheat wrap inf: whole wheat pita sweet corn sour cream orange	chickpea chowder quinoa cucumber apple	chickpea crusted chicken meteorites h: chickpea patty tricolour pasta salad steamed carrots real food ketchup banana	provençal fish filet h: red pepper quiche brown rice green beans inf: steamed green beans diced melon	beef & barley stew h: lentil & mushroom stew whole wheat garlic baguette mini broccoli banana
pm snack	apple cocoa-beet loaf milk	vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	tortilla crisps inf/tod: multigrain rocket bun avocado bean guacamole	cucumber croissant	baby carrots inf/tod: steamed carrots puffed rice square hummus
am snack	20 apple organic quinoa crunchies	21 organic super O's milk	22 hard boiled egg croissant	23 organic multigrain squares milk	24 super smoothie vanilla maple yogurt inf: plain yogurt orange-vanilla blend banana
lunch	sri lankan chicken h: white bean curry quinoa green peas & carrots clementine	ratatouille w/organic tofu brown rice cucumber blueberry sauce	beef burger h: chickpea patty multigrain pita bun samurai carrot salad inf: blended samurai carrot salad real food ketchup banana	gong bao chicken new! h: gong bao tofu basmati rice broccoli trees inf/tod: soft broccoli clementine	vegetarian pasta bake romaine lettuce caesar dressing w/ organic tofu inf: sweet potato-carrot purée apple
pm snack	cheddar bites cracked wheat crackers	apple oatmeal cookie inf: apple-cinnamon snacking round milk	bell peppers inf: cucumber basil pesto pasta salad	baby carrots inf/tod: steamed carrots puffed rice square beany basil dip	mini pizza whole wheat pita marinara sauce shredded cheddar

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am snack	27 orange carrot muffin	28 granola inf: organic brown rice blossoms milk	29 orange whole wheat raisin focaccia apple butter	30 organic super O's milk	31 banana vanilla maple yogurt inf: plain yogurt
lunch	chick-a-noodle soup h: beany noodle soup wheat bun green beans inf: steamed green beans	beef bolognese h: lentil bolognese whole grain rotini green peas & carrots	black beans in salsa whole wheat wrap inf: whole wheat mini bagel sweet corn sour cream	chicken & wild rice stew h: loco lima beans quinoa bell peppers inf: apple-mango-beet purée	chili w/organic turkey h: chili chili bang bang half whole wheat pita mini potatoes green peas
pm snack	applesauce apple-cinnamon snacking round pear inf: banana-pear purée	apple melon trail mix inf: organic quinoa crunchies	banana cucumber organic vegetable crackers red pepper hummus	orange tortilla crisps inf/tod: puffed rice square avocado bean guacamole	apple carrot matchsticks mini tomatoes creamy parsley-lemon dressing inf/tod: cucumber organic crispbread

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chick-a-noodle soup

Here's a tasty classic soup like Grandma would make – if she had 10,000 grandkids! This popular power-food fills tummies throughout most of the year on our lunch menu. We...

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How can I inspire my kids to love healthy food?

What's it like to work at RFRK?

You'll find these answers – and more – at The Table, a new online destination for stories about real food.

rfrk.com/thetable