

fuelling healthy futures™



groovy gravy

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 chicken 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



- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

lunch 1

october 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	30 orange pumpkin loaf	1 cinnamon granola inf: go bananas cereal milk	2 apple whole wheat raisin bread organic raspberry fruit spread	3 organic blossoms milk	4 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana new!
lunch	groovy organic chicken meatballs groovy falafel bites potato mash green peas & carrots	bolognese w/organic tofu whole grain penne steamed carrots	carrot & flax fish spinach quiche onion bread bell pepper inf: pumpkin-red lentil purée	tomato-spinach frijoles quinoa mini broccoli	beef & bean chili chili chili bang bang whole wheat pita green beans inf: steamed green beans
pm snack	apple baby carrots inf/tod: soft carrots cracked wheat crackers beay basil dip	orange melon raisin & seed oatie	banana mini tomatoes inf/tod: orange organic crispbread crackers tomato salsa	pear inf: apple-mango-beet purée apple cinnamon bun snacking rounds	apple cucumber brown rice cakes hummus
am snack	7 organic multigrain squares milk	8 applesauce raisin & seed oatie	9 pear inf: apple-banana purée cheddar or mozzarella cheese	10 diced melon organic quinoa crunchies	11 organic super O's cereal milk
lunch	sunshine dahl wheat bun green peas & carrots	masala fish mushroom quiche brown rice veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese focaccia slice steamed carrots	fajita bowl chicken fajita curried lentils quinoa coleslaw inf: blended coleslaw	friendsgiving feast roasted chicken w/groovy gravy groovy falafel bites whole wheat pita red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
pm snack	orange apple cracked wheat crackers cocoa chic'pea spread	banana egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple baby carrots & broccoli inf/tod: cucumber brown rice cakes hummus	pineapple greek salad inf: pumpkin-red lentil purée roasted red pepper loaf	apple banana brioche bite

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	14	15	16	17	18
		applesauce cinnamon bun snacking rounds	cinnamon granola inf:go bananas cereal milk	pear inf: apple-banana purée organic quinoa crunchies	banana roll up whole wheat wrap inf: apple pie snacking rounds apple butter banana
lunch	Happy Thanksgiving 	chickpea chowder quinoa green peas & carrots	masala fish mushroom quiche focaccia slice napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup	trinidadian curry beef trinidadian curry tofu onion bread baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: pumpkin-red lentil purée
pm snack		orange	banana	apple	orange
		cheddar or mozzarella cheese brown rice cakes	baby carrots inf/tod: orange cracked wheat crackers cream cheese	hard boiled egg brioche bite	bell pepper inf: apple-mango-beet purée tortilla crisps inf: brown rice cakes beany basil dip
am snack	21	22	23	24	25
	organic super O's cereal milk	apple cranberry-orange morning round	hard boiled egg brioche bite	honey yogurt inf: apple-banana purée organic quinoa crunchies	organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain penne green peas	provençal fish filet red pepper quiche wheat bun steamed carrots	burrito bowl bean burrito filling brown rice sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée
	pear inf: pumpkin-red lentil purée	banana	apple	orange	apple
pm snack	apple oatmeal cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	crunchy green beans & baby carrots inf/tod: steamed green beans cheddar bites	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana

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	monday	tuesday	wednesday	thursday	friday
am snack	28 orange pumpkin loaf	29 cinnamon granola inf: organic strawberry granola milk	30 apple whole wheat raisin bread organic raspberry fruit spread	31 go bananas cereal milk	1 diwali mango lassi vanilla maple yogurt inf: plain yogurt mango purée new! banana
lunch	white bean curry brown rice green peas	volcano sammy beef bolognese lentil bolognese whole wheat roll steamed carrots	carrot & flax fish spinach quiche quinoa green beans inf: steamed green beans	chicken & wild rice stew lentil & mushroom stew whole wheat pita mini broccoli	chili chili bang bang brown & red rice brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack	apple mini tomatoes inf/tod: soft carrots cracked wheat crackers hummus	orange melon cinnamon bun snacking rounds	banana baby carrots inf/tod: kiwi pita crackers inf/tod: brown rice cakes tomato salsa	pear inf: sweet potato-carrot purée halloween treat 🎃 spookie cookie inf: mini moon biscuit apple milk	apple bell pepper inf: cucumber brown rice cakes beany basil dip

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You Asked, Now We're Delivering!



Big news. After years of recipe requests, you'll soon be able to enjoy RFRK's most popular meals & snacks with your family at home! We've translated our delicious *made-for-thousands-of-kids* recipes into *perfect-for-your-home-kitchen* versions.

Exclusive Recipes Arriving Monthly

Starting with October's edition, these recipes are only available to active subscribers of our monthly newsletter *What's Cookin'* - so scan the QR code to sign up today!

Just in time for Halloween, our first recipe release is the beloved **Cocoa Chic'pea Spread!** You won't want to miss this.



scan to sign up