

november 2022 menu



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*

*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

	monday	tuesday	wednesday	thursday	friday
am snack	31 apple pumpkin loaf	1 granola inf: organic multigrain squares milk	2 orange whole wheat raisin bread organic raspberry fruit spread	3 organic whole wheat flakes milk	4 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	groovy organic chicken meatballs marinara falafel bites potato mash green peas & carrots pear inf: spinach-coconut purée	lentil bolognese whole grain pasta steamed carrots apple	fish taco carrot & flax fish spinach quiche whole wheat wrap inf: multigrain rocket bun red cabbage & spinach salad sour cream inf: cauliflower-carrot- coconut purée	chicken & wild rice stew loco lima beans millet bell pepper inf: apple-mango-beet purée	beef & bean chili chili chili bang bang quinoa green beans inf: steamed green beans
pm snack	orange gluten-free oat & quinoa cocoa bar inf: cinnamon-raisin snacking round	melon crunchy trail mix inf: organic quinoa crunchies	kiwi tortilla crisps inf/tod: organic crispbread crackers avocado bean guacamole	apple cracked wheat crackers dill soft cheese	cucumber sundried tomato pasta salad
am snack	7 organic multigrain squares milk	8 cheddar or mozzarella cheese brioche bite	9 applesauce granola pucks	10 apple organic quinoa crunchies	11 organic whole wheat flakes milk
lunch	sunshine dahl brown rice green peas & carrots pear inf: apple-banana purée	masala fish mushroom quiche quinoa veggie rainbow inf: mini broccoli	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken sandwich paprika chicken curried lentils whole wheat pita coleslaw inf: blended coleslaw	mac'n cheese green beans inf: steamed green beans
pm snack	egg cracker stacker cracked wheat crackers hard boiled egg mayo w/organic tofu	apple whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread	kiwi organic crispbread crackers hummus	inf/tod: roasted sweet potato whole wheat garlic baguette	banana whole wheat blueberry scone



chickpea chowder

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am snack	14 organic blossoms milk	15 melon cranberry-orange morning round	16 organic multigrain squares milk	17 apple whole wheat mini bagel maple soft cheese	18 fruit pizza whole wheat flatbread apple butter banana
lunch	sri lankan chicken white bean curry yellow rice green peas & carrots mango sauce	chickpea chowder onion bread baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée banana	chicken meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: whole wheat pita red cabbage & spinach salad ranch dressing w/organic tofu inf: sweet potato-carrot purée kiwi	egg salad sandwich egg salad whole wheat bread crisp lettuce garnish (garnish not for infants) squash & coconut soup pear inf: apple-banana purée	trinidadian curry beef trinidadian curry tofu brown & red rice sweet corn orange
pm snack	pear inf: sweet potato-carrot purée banana muffin new!	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-banana purée	apple tortilla crisps inf/tod: organic crispbread crackers tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée whole wheat pita spinach-organic tofu dip
am snack	21 organic crispy O's inf: organic whole wheat flakes milk	22 apple müesli morning round	23 hard boiled egg brioche bite	24 banana organic quinoa crunchies	25 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas pear inf: cauliflower-carrot-coconut purée	provençal fish filet red pepper quiche quinoa steamed carrots banana	burrito bowl bean burrito filling brown rice sweet corn sour cream apple	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad apple	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta brocco-kale mix ranch dressing w/organic tofu inf: sweet potato-carrot purée diced melon
pm snack	apple ginger cookie inf: apple-cinnamon snacking round milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	baby carrots inf/tod: steamed carrots cracked wheat crackers cream cheese	cucumber folded basil loaf dilly dip	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana



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am snack	28 apple pumpkin loaf	29 granola inf: organic multigrain squares milk	30 orange whole wheat raisin bread organic raspberry fruit spread	1 organic whole wheat flakes milk	2 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	groovy organic chicken meatballs marinara falafel bites potato mash green peas & carrots	lentil bolognese whole grain pasta steamed carrots	fish taco carrot & flax fish spinach quiche whole wheat wrap inf: multigrain rocket bun red cabbage & spinach salad sour cream inf: cauliflower-carrot- coconut purée	chicken & wild rice stew loco lima beans millet bell pepper inf: apple-mango-beet purée	beef & bean chili chili chili bang bang brown rice green beans inf: steamed green beans
pm snack	pear inf: apple-banana purée	apple	banana	orange	apple
	baby carrots inf/tod: steamed carrots cracked wheat crackers beany basil dip	melon crunchy trail mix inf: organic quinoa crunchies	mini tomatoes inf/tod: kiwi tortilla crisps inf/tod: puffed rice square avocado bean guacamole	apple whole wheat mini bagel dill soft cheese	cucumber whole wheat pita red pepper hummus

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

#RealFoodMyWay Contest Winner: Brazilian Feijoada!



Congratulations to Rory at Whitney Child Centre for their winning entry of Feijoada! This hearty black bean & smokey meat stew featuring deep, rich flavours is the national dish of Brazil.

This meal has been around for generations, and has been interpreted in many different ways, including modern vegetarian and vegan versions.

Traditional accompaniments include a side of rice, buttered kale and orange slices. Delicioso!

Look for RFRK's version of Feijoada in 2023.

