

fuelling healthy futures™



beef bolognese

lunch 1

# july 2024 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	1	2	3	4	5
<b>lunch</b>	<p>Canada Day</p>	<p>tomato-spinach frijoles focaccia slice green peas</p>	<p>beef bolognese lentil bolognese whole grain penne mini broccoli</p>	<p>chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun sweet corn</p>	<p>salmon pasta bake tomato-lentil sauce w/rice pasta beet &amp; carrot matchsticks, baby spinach creamy parsley-lemon dressing inf: sweet potato-carrot purée</p>
<b>pm snack</b>		apple	banana	orange	apple
<b>am snack</b>	8	9	10	11	12
<b>lunch</b>	<p>chick-a-noodle soup beany noodle soup whole wheat roll green peas</p>	<p>beef &amp; bean chili chili chili bang bang wheat bun steamed carrots</p>	<p>carrot &amp; flax fish spinach quiche quinoa cucumber</p>	<p>chicken fricassée texan kidney beans onion bread mini broccoli</p>	<p>chickpea chowder brown rice brocco-kale mix balsamic dressing inf: pumpkin-red lentil purée</p>
<b>pm snack</b>	<p>baby carrots inf/tod: cucumber cracked wheat crackers red pepper hummus</p>	<p>melon whole wheat pita cocoa chic'pea spread</p>	<p>pineapple pita crackers inf/tod: brown rice cakes tomato salsa</p>	<p>pear inf: apple-banana purée</p>	<p>apple</p>
<b>pm snack</b>		cheddar or mozzarella cheese cracked wheat crackers	orange maple snap cookies inf: apple pie snacking rounds milk	baby carrots inf/tod: soft carrots brown rice cakes dilly dip	banana roll up whole wheat wrap inf: plain yogurt sunbutter* banana

## 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 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

🌿 = herbivore protein inf/tod = infant/toddler substitute  
\* YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks

fuelling healthy futures™



beef bolognese

lunch 1

# july 2024 menu

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>15</b> organic multigrain squares milk	<b>16</b> applesauce cheddar or mozzarella cheese	<b>17</b> apple raisin & seed oatie	<b>18</b> pineapple müesli morning round	<b>19</b> organic super O's cereal milk
<b>lunch</b>	<b>sunshine dahl</b> focaccia slice green peas & carrots cucumber raita	<b>masala fish mushroom quiche</b> brown rice veggie rainbow inf: mini broccoli	<b>volcano sammy beef bolognese</b> <b>lentil bolognese</b> whole wheat pita steamed carrots	<b>fajita bowl chicken fajita</b> <b>curried lentils</b> quinoa coleslaw inf: blended coleslaw	<b>mac'n cheese</b> napa cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
	orange	strawberries	banana	kiwi	apple
<b>pm snack</b>	<b>egg salad wrap</b> whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple chickpea crisps inf/tod: whole wheat pita cocoa chic'pea spread	baby carrots inf/tod: kiwi brown rice cakes hummus	tomato bruschetta folded basil loaf	banana cracked wheat crackers cream cheese
<b>am snack</b>	<b>22</b> organic blossoms milk	<b>23</b> apple cranberry-orange morning round	<b>24</b> organic multigrain squares milk	<b>25</b> stone fruit apple beet loaf	<b>26</b> <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
<b>lunch</b>	<b>caldereida fish</b> <b>sweet &amp; sour sauce w/organic tofu</b> quinoa sweet corn	<b>white bean curry</b> whole wheat roll mini broccoli	<b>chicken caesar bowl</b> <b>chickpea crusted chicken meteorites</b> <b>falafel bites</b> basmati rice crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>filipino beef giniling</b> <b>chili chili bang bang</b> onion bread green beans inf: steamed green beans	<b>paprika chicken</b> <b>navy beans w/spinach</b> yellow rice cucumber
	pear inf: apple-banana purée	banana	apple	orange	apple
<b>pm snack</b>	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	<b>yogurt parfait</b> honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf/tod: brown rice cakes tomato salsa	applesauce cinnamon bun snacking rounds	bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip

## 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 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

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks



beef bolognese

	monday	tuesday	wednesday	thursday	friday
am snack	<b>29</b> organic super O's cereal milk	<b>30</b> mini watermelon müesli morning round	<b>31</b> hard boiled egg brioche bite	<b>1</b> apple cheddar or mozzarella cheese	<b>2</b> organic multigrain squares milk
lunch	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole wheat pita green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots	<b>bean burrito</b> <b>black beans in salsa</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>mac'n cheese</b> beet & carrot matchsticks, baby spinach creamy parsley-lemon dressing inf: sweet potato-carrot purée
	orange	banana	orange	diced melon	apple
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk	<b>mini pizza</b> frena bun marinara sauce shredded cheese	apple cheddar bites	cucumber, broccoli & cauliflower inf/tod: soft broccoli chickpea crisps inf/tod: whole wheat pita dilly dip	<b>banana roll up</b> whole wheat wrap inf: plain yogurt sunbutter* banana

= herbivore protein inf/tod = infant/toddler substitute  
\*YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks

## 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 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

## Sign up to win 1 of 3 RFRK Goodie Bags! \*



Looking for the Real Food for Real Kids inside scoop each month? Sign up to our monthly newsletter, **What's Cookin'**, for a sneak peek at recipe highlights, get book recommendations and updates from our kitchen!



\*Contest open to new subscribers who sign up between June 17th - July 31st, 2024

\*Winners will be chosen at random.