

august 2022 menu



vegetarian pasta bake

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	1	2 applesauce organic quinoa crunchies	3 orange brioche bite	4 peach or nectarine müesli morning round	5 organic multigrain squares milk
lunch	Civic Holiday		black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	vegetarian pasta bake romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad
pm snack		apple baby carrots inf/tod: kiwi rice crackers inf: cinnamon-raisin snacking round cream cheese	banana cheddar or mozzarella cheese puffed rice square	orange mini tomatoes inf/tod: roasted sweet potato folded basil loaf dilly dip	apple banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana
am snack	8 orange apple-cinnamon morning round	9 granola inf: organic multigrain squares milk	10 apple whole wheat raisin bread organic raspberry fruit spread	11 organic whole wheat flakes milk	12 super smoothie vanilla maple yogurt inf: plain yogurt strawberry sauce banana
lunch	volcano sandwich beef & tomato pumpkin & bean multigrain pita bun green peas	beef bolognese lentil bolognese whole grain pasta steamed carrots	fish taco masala fish mushroom quiche whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	chicken fricasée texan kidney beans quinoa mini broccoli	chili chili bang bang brown rice brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack	apple baby carrots inf/tod: steamed carrots organic crispbread crackers red pepper hummus	peach or nectarine melon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: orange tortilla crisps inf/tod: puffed rice square avocado bean guacamole	pear inf: spinach-coconut purée apple cocoa-beet loaf milk	apple cucumber basil pesto pasta salad

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am snack	15 organic multigrain squares milk	16 melon whole wheat pita maple soft cheese	17 applesauce whole wheat blueberry scone	18 diced melon organic quinoa crunchies	19 organic whole wheat flakes milk
lunch	sunshine dahl red & white quinoa green peas & carrots cucumber raita pear inf: apple-mango-beet purée	carrot & flax fish spinach quiche brown rice veggie rainbow inf: mini broccoli orange	marinara beef meatballs marinara falafel bites whole grain pasta steamed carrots banana	chicken sandwich jerk chicken texan kidney beans multigrain pita bun bell pepper inf: apple-mango-beet purée apple	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée peach or nectarine
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread	mini tomatoes inf/tod: cucumber whole wheat mini bagel hummus	baby carrots inf/tod: kiwi whole wheat garlic baguette	banana brioche bite
am snack	22 organic blossoms milk	23 melon cranberry-orange morning round	24 organic multigrain squares milk	25 apple zucchini muffin	26 fruit pizza whole wheat flatbread apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn apple	white bean curry quinoa green peas & carrots pear inf: apple-banana purée	chicken meteorite wrap chickpea crusted chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée banana	filipino beef giniling chili chili bang bang basmati rice green beans inf: steamed green beans watermelon	sheet pan greek chicken navy beans w/spinach onion bread greek salad tzatziki inf: spinach-coconut purée apple
pm snack	baby carrots inf/tod: steamed carrots cracked wheat crackers avocado-bean guacamole	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: applesauce	peach or nectarine tortilla crisps inf/tod: organic crispbread crackers tomato salsa	cheddar or mozzarella cheese whole wheat pita	cucumber, broccoli & cauliflower inf/tod: cucumber puffed rice square beany basil dip

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	monday	tuesday	wednesday	thursday	friday
am snack	29 organic crispy O's inf: organic whole wheat flakes milk	30 orange müeseli morning round	31 hard boiled egg brioche bite	1 peach or nectarine organic quinoa crunchies	2 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas mango sauce	provençal fish filet red pepper quiche brown rice steamed carrots pear inf: apple-mango-beet purée	black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream banana	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad apple	vegetarian pasta bake romaine lettuce creamy parsley-lemon dressing inf: sweet potato-carrot purée apple
pm snack	pear inf: apple-banana purée choco-chip cookie inf: carrot muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar	apple cracked wheat crackers maple soft cheese	cucumber folded basil loaf dilly dip	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

Always delivering on our Real Food Promise.



Children deserve healthy food, and providing that gets harder when families are challenged by skyrocketing food costs.

We want you to know that RFRK remains committed to our **Real Food Promise** with recipes and ingredient quality remaining uncompromised.

To learn more about how we keep our Promise, visit our blog, The Table at www.rfrk.com