



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

august 2021 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2	3	4	5	6
lunch	Civic Holiday	chickpea chowder brown rice green peas orange	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad pear inf: applesauce	egg salad sandwich egg salad whole wheat bread cucumber lettuce garnish garnish not for infants mango sauce	salmon pasta bake tomato-lentil sauce w/rice pasta napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée orange
pm snack		applesauce cinnamon-raisin snacking round	cheddar or mozzarella cheese puffed rice square	stone fruit oatmeal cookie inf: zucchini muffin milk	mini pizza whole wheat focaccia marinara sauce shredded cheddar
am snack	9	10	11	12	13
lunch	pear inf: apple-pear purée cheddar or mozzarella cheese	masala fish mushroom quiche yellow rice peas & carrots kiwi	beef bolognese lentil bolognese whole grain pasta cucumber stone fruit	chicken sandwich jerk chicken texan kidney beans multigrain pita bun coleslaw inf: blended coleslaw apple	ratatouille w/organic tofu quinoa tiny chopped salad apple cider vinaigrette inf: cauliflower-carrot- coconut purée orange
pm snack	apple cocoa-beet loaf milk	melon trail mix inf: apple-cinnamon snacking round	multigrain & chia crisps inf/tod: whole wheat pita avocado bean guacamole	baby carrots inf/tod: roasted sweet potato roasted red pepper loaf hummus	cucumber falafel bites dilly dip

= herbivore protein inf/tod = infant/toddler substitute



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

august 2021 menu

	monday	tuesday	wednesday	thursday	friday
am snack	16 organic multigrain squares milk	17 applesauce granola pucks	18 orange whole wheat raisin bread organic blueberry fruit spread	19 organic super O's milk	20 diced melon whole wheat blueberry scone
lunch	sunshine dahl basmati rice green peas cucumber raita	mediterranean chicken navy beans w/spinach couscous steamed carrots	marinara beef meatballs marinara falafel bites whole grain pasta veggie rainbow inf: mini broccoli	carrot & flax fish spinach quiche brown rice bell pepper inf: spinach-coconut purée	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: sweet potato-carrot purée
	apple	pear inf: banana-pear purée	apple	orange	kiwi
pm snack	egg cracker stacker hard boiled egg cracked wheat crackers mayo w/organic tofu	apple cheddar or mozzarella cheese	cucumber organic vegetable crackers spinach-organic tofu dip	banana roll up whole wheat wrap inf: puffed rice square cocoa chic'pea spread banana	tomato bruschetta whole wheat garlic baguette
am snack	23 organic brown rice blossoms milk	24 applesauce cranberry-orange morning round	25 organic multigrain squares milk	26 apple banana muffin	27 fruit pizza whole wheat flatbread apple butter banana
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas & carrots	burrito bowl black beans in salsa brown rice sweet corn shredded cheddar	chicken meteorite wrap chicken meteorites chickpea patty whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	provençal fish filet red pepper quiche quinoa steamed carrots	beef & tomato filling pumpkin & beans whole wheat roll cucumber
	orange	pear inf: banana-pear purée	pineapple	kiwi	watermelon
pm snack	apple cocoa-beet loaf milk	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: organic quinoa crunchies	cucumber tortilla crisps inf/tod: whole wheat pita tomato salsa	mini tomatoes inf/tod: cucumber cracked wheat crackers red pepper hummus	baby carrots inf/tod: roasted sweet potato puffed rice square beany basil dip



chickpea chowder

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



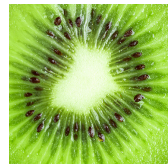
we advocate for mandatory labelling of GMOs

peanut & tree nut free

august 2021 menu

	monday	tuesday	wednesday	thursday	friday
am snack	30 organic super O's milk	31 applesauce organic quinoa crunchies	1 hard boiled egg croissant	2 organic multigrain squares milk	3 banana muesli morning round
lunch	sri lankan chicken white bean curry brown rice green beans inf: steamed green beans pear inf: banana-pear purée	chickpea chowder quinoa green peas orange	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad kiwi	egg salad sandwich egg salad whole wheat bread cucumber lettuce garnish garnish not for infants stone fruit	salmon pasta bake tomato-lentil sauce w/riced pasta napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée apple
pm snack	apple apple-cinnamon snacking round	kiwi choco-chip cookie inf: banana muffin milk	cucumber basil pesto pasta salad	mini tomatoes inf/tod: steamed carrots cracked wheat crackers dill soft cheese	mini pizza whole wheat focaccia marinara sauce shredded cheddar

= herbivore protein inf/tod = infant/toddler substitute



Hey, families!

Want to know what your little one eats every day?
Now it's super easy with **What's Cookin'**,
the RFRK monthly newsletter!

What's Cookin' includes:

- access to our monthly menus
- recipe & ingredient highlights
- tips & tricks to inspire healthy eating
- news from the Real Food Kitchen

Sign up today at: www.rfrk.com/menu-signup

Real Food your
kids know & love,
now delivered
to your door!

Get
\$25
OFF

use code:
REALFOODATHOME

(valid until August 31st, 2021,
first-time customers only)

realfoodkitchen.ca