

fuelling healthy futures™



trinidadian curry beef

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

# november 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	4 organic multigrain squares milk	5 applesauce raisin & seed oatie	6 pear inf: apple-banana purée cheddar or mozzarella cheese	7 diced melon organic quinoa crunchies	8 organic super O's cereal milk
lunch	🌿 tomato-spinach frijoles red & white quinoa green peas & carrots	🌿 masala fish mushroom quiche wheat bun veggie rainbow inf: mini broccoli	🌿 beef bolognese 🌿 lentil bolognese whole grain penne steamed carrots	🌿 chicken fajita 🌿 curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw	🌿 mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée
	orange	pineapple	banana	apple	orange
pm snack	apple brown rice cakes cocoa chic'pea spread	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	baby carrots & broccoli inf/tod: cucumber cracked wheat crackers hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat blueberry scone
am snack	11 go bananas cereal milk	12 orange muesli morning round	13 organic multigrain squares milk	14 pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	15 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	🌿 sri lankan chicken 🌿 white bean curry focaccia slice sweet corn	🌿 sunshine dahl brown & red rice green peas & carrots	🌿 chickpea crusted chicken meteorites 🌿 falafel bites sweet potato mash napa cabbage & spinach salad caesar dressing w/organic tofu inf: cucumber	🌿 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 quinoa baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: apple-banana purée
	apple	pear inf: apple-banana purée	banana	apple	orange
pm snack	applesauce blueberry purée cocoa-beet loaf	yogurt parfait vanilla maple yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	apple tortilla crisps inf/tod: brown rice cakes tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip

🌿 = herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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<b>am snack</b>	<b>18</b> organic super O's cereal milk	<b>19</b> apple organic quinoa crunchies	<b>20</b> hard boiled egg brioche bite	<b>21</b> honey yogurt inf: apple-banana purée cranberry-orange morning round	<b>22</b> organic multigrain squares milk
<b>lunch</b>	<b>pollo cacciatore</b> <b>lentil bolognese</b> whole grain penne green peas  pear inf: apple-banana purée	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots  banana	<b>bean burrito</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun sweet corn sour cream  apple	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad  kiwi	<b>mac'n cheese</b> baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée  apple
<b>pm snack</b>	apple coco-cocoa cookie inf: mini moon biscuit milk	<b>mini pizza</b> 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	<b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana
<b>am snack</b>	<b>25</b> orange pumpkin loaf	<b>26</b> cinnamon granola inf: organic strawberry granola milk	<b>27</b> apple whole wheat raisin bread organic raspberry fruit spread	<b>28</b> go bananas cereal milk	<b>29</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée banana
<b>lunch</b>	<b>groovy organic chicken meatballs</b> <b>groovy falafel bites</b> whole wheat roll green peas  apple	<b>bolognese w/organic tofu</b> whole grain penne steamed carrots  orange	<b>carrot &amp; flax fish spinach quiche</b> onion bread green beans inf: steamed green beans  banana	<b>white bean curry</b> quinoa mini broccoli  pear inf: apple-banana purée	<b>beef &amp; bean chili</b> <b>chili chili bang bang</b> whole wheat pita brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée  apple
<b>pm snack</b>	baby carrots inf/tod: soft carrots cracked wheat crackers hummus	melon raisin & seed oatie	pineapple pita crackers inf/tod: brown rice cakes tomato salsa	apple cinnamon bun snacking round	cucumber brown rice cakes beany basil dip

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milk and/or water are offered at meals and snacks