

fuelling healthy futures™



may 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	29 organic blossoms milk	30 apple cranberry-orange morning round	1 organic multigrain squares milk	2 pear inf: orange brioche bite	3 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	sri lankan chicken white bean curry quinoa sweet corn blueberry sauce	sunshine dahl brown rice mini broccoli orange	meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain rocket bun crisp lettuce inf: sweet potato-carrot purée mayo w/organic tofu banana	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup apple	trinidadian curry beef trinidadian curry tofu yellow rice napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée kiwi
pm snack	orange cocoa-beet loaf	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple tortilla crisps inf/tod: brown rice cakes tomato salsa	crunchy green beans & baby carrots inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip	bell pepper inf: cucumber brown rice cakes cream cheese
am snack	6 organic super O's cereal milk	7 melon müesli morning round	8 hard boiled egg brioche bite	9 organic multigrain squares milk	10 RFRK's 20th Birthday! yogurt parfait honey yogurt inf: plain yogurt organic strawberry granola
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream pear inf: apple-banana purée	provençal fish filet red pepper quiche brown rice steamed carrots orange	chickpea chowder quinoa green peas apple	beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad diced melon	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta beet & carrot matchsticks, baby spinach caesar dressing w/organic tofu inf: sweet potato-carrot purée banana
pm snack	apple oatmeal cookie inf: mini moon biscuit milk	mini pizza frena bun marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	cheddar or mozzarella cheese cracked wheat crackers

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

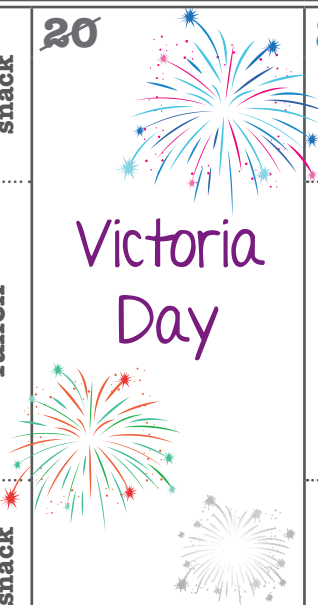
= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

fuelling healthy futures™



may 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	13 apple apple cinnamon loaf	14 granola inf: organic blossoms milk	15 orange whole wheat raisin bread apple butter	16 organic blossoms milk	17 super smoothie vanilla maple yogurt inf: plain yogurt mango sauce banana
lunch	groovy organic chicken meatballs groovy falafel bites quinoa green peas pear inf: apple-banana purée	bolognese w/organic tofu whole grain elbows steamed carrots banana	carrot & flax fish spinach quiche whole wheat pita green beans inf: steamed green beans apple	white bean curry brown rice mini broccoli orange	beef & bean chili chili chili bang bang onion bread brocco-kale mix apple-cider vinaigrette inf: apple-mango-beet purée apple
pm snack	baby carrots inf/tod: soft carrots whole wheat pita hummus	melon apple pie snacking rounds	mini tomatoes inf/tod: kiwi pita crackers inf/tod: brown rice cakes avocado bean guacamole	pear inf: pumpkin-red lentil purée cracked wheat crackers dill soft cheese	cucumber brown rice cakes beany basil dip
am snack	20 	21 kiwi apple-cinnamon morning round	22 applesauce raisin & seed oatie	23 apple cheddar or mozzarella cheese	24 organic super O's cereal milk
lunch	Victoria Day	tomato-spinach frijoles red & white quinoa green peas & carrots orange	beef bolognese lentil bolognese whole grain penne steamed carrots banana	chicken fajita curried lentils whole wheat wrap inf: roasted sweet potato coleslaw inf: blended coleslaw sour cream orange	mac'n cheese baby romaine maple samurai vinaigrette inf: sweet potato-carrot purée apple
pm snack		cheddar or mozzarella cheese cracked wheat crackers	apple brown rice cakes cocoa chic'pea spread	baby carrots & broccoli inf/tod: cucumber folded basil loaf red pepper hummus	banana whole wheat pita sunflower butter*

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™



may 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	27 organic blossoms milk	28 apple cranberry-orange morning round	29 organic multigrain squares milk	30 pear inf: orange whole wheat blueberry scone	31 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	sri lankan chicken white bean curry quinoa sweet corn strawberry sauce	garbanzo bean tajine basmati rice mini broccoli orange	meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain rocket bun crisp lettuce inf: sweet potato-carrot purée mayo w/organic tofu banana	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish squash & coconut soup apple	trinidadian curry beef trinidadian curry tofu brown & red rice napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée kiwi
pm snack	orange cocoa-beet loaf	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	pineapple tortilla crisps inf/tod: brown rice cakes tomato salsa	crunchy green beans & baby carrots inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip	bell pepper inf: cucumber brown rice cakes cream cheese

= herbivore protein inf/tod = infant/toddler substitute

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

Celebrating 20 years of fuelling healthy futures!

It all started with one mom's passion for real food. That passion caught on. Now, 20 years later, Real Food for Real Kids is serving nourishing meals & snacks to over 30,000 kids across the GTHA everyday. *That's a lot of delicious food!*

In honour of RFRK's 20th birthday, we'll be sharing some of our most popular recipes for families to enjoy at home. These recipes have been requested by hundreds of parents, via their kids who come home raving about the food at child care.

Our mission has always been to enable & inspire a lifetime of healthy eating, and cooking and eating these recipes at home is a great way for us to continue sharing this journey together.

Stay tuned for the Real Food for Real Kids Recipe Album coming soon!