



roasted chicken w/groovy gravy

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

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- ingredients sourced without GMOs
- committed to reducing the carbon footprint
of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

december 2023 menu

	monday	tuesday	wednesday	thursday	friday
am snack	4 organic multigrain squares milk	5 brioche bite cheddar bites	6 applesauce new! raisin & seed oatie	7 kiwi cheddar or mozzarella cheese	8 organic crispy O's cereal inf: organic blossoms milk
lunch	sunshine dahl brown rice green peas & carrots cucumber raita pear inf: apple-banana purée	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli banana	marinara beef meatballs marinara falafel bites whole grain elbows steamed carrots apple	chicken fajita curried lentils whole wheat wrap inf: roasted sweet potato coleslaw inf: blended coleslaw sour cream orange	beef & tomato pumpkin & beans whole wheat pita red cabbage & spinach salad maple samurai vinaigrette inf: apple-mango-beet purée apple
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple frena bun cocoa chic'pea spread	crunchy green beans & baby carrots inf/tod: cucumber puffed rice round hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat mini bagel sunbutter*
am snack	11 organic blossoms milk	12 orange cranberry-orange morning round	13 organic multigrain squares milk	14 pineapple date-oat loaf new!	15 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	caldereida fish it's back! sweet & sour sauce w/organic tofu brown & red rice sweet corn apple	chickpea chowder quinoa mini broccoli banana	paprika chicken curried lentils whole wheat wrap inf: multigrain rocket bun napa cabbage & spinach salad ranch dressing w/organic tofu inf: cucumber pear inf: apple-banana purée	beef & bean chili chili chili bang bang yellow rice green beans inf: steamed green beans orange	sheet pan it's back! greek chicken navy beans w/spinach onion bread greek salad inf: sweet potato-carrot purée tzatziki apple
pm snack	baby carrots inf/tod: steamed carrots organic crispbread crackers red pepper hummus	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf/tod: puffed rice round tomato salsa	apple cracked wheat crackers maple soft cheese	cucumber, broccoli & cauliflower inf/tod: cucumber puffed rice round spinach-organic tofu dip

= herbivore protein inf/tod = infant/toddler substitute

* YMCA centres will receive cream cheese

milk or water offered at lunch



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am snack	18 organic crispy O's cereal inf: organic blossoms milk	19 melon muesli morning round	20 hard boiled egg brioche bite	21 organic multigrain squares milk	22 yogurt parfait honey yogurt inf: plain yogurt organic strawberry granola
lunch	bolognese w/organic tofu whole grain penne green peas & carrots	provençal fish filet red pepper quiche brown rice steamed carrots	burrito bowl black beans in salsa quinoa sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	festive feast roasted chicken w/groovy gravy white bean curry potato mash green beans inf: steamed green beans
pm snack	cheddar or mozzarella cheese puffed rice round	mini pizza frena bun marinara sauce shredded cheddar	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	bell pepper inf: apple-mango-beet purée chickpea crisps inf/tod: cracked wheat crackers dilly dip	holiday treat gingerbread kids inf: carrot muffin apple milk
am snack	25	26	27	28	29
lunch	Happy Holidays!		lentil bolognese whole grain elbows green peas & carrots	carrot & flax fish spinach quiche onion bread baby romaine balsamic dressing inf: pumpkin-red lentil purée	filipino beef giniling chili chili bang bang brown rice sweet corn
pm snack			applesauce raisin & seed oatie	organic blossoms milk	orange cranberry bar inf: cinnamon-raisin snacking round
			lentil bolognese whole grain elbows green peas & carrots	carrot & flax fish spinach quiche onion bread baby romaine balsamic dressing inf: pumpkin-red lentil purée	filipino beef giniling chili chili bang bang brown rice sweet corn
			orange	apple	pear inf: apple-banana purée
			apple cracked wheat crackers cream cheese	cheddar or mozzarella cheese puffed rice round	banana cocoa-beet loaf

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milk or water offered at lunch