



## 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

	monday	tuesday	wednesday	thursday	friday
am snack	<b>1</b> organic blossoms milk	<b>2</b> pear inf: spinach-coconut purée cranberry-orange morning round	<b>3</b> organic multigrain squares milk	<b>4</b> applesauce whole wheat blueberry scone	<b>5</b> <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	<b>sri lankan chicken white bean curry</b> red & white quinoa sweet corn  mango sauce	<b>trinidadian curry beef</b> <b>trinidadian curry tofu</b> wheat bun baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot-coconut purée  apple	<b>chickpea crusted chicken meteorites</b> <b>chickpea patty</b> real food ketchup tricolour pasta salad green beans inf: steamed green beans  orange	<b>egg salad sandwich</b> <b>egg salad</b> whole wheat bread squash-coconut soup  pear inf: apple-banana purée	<b>chickpea chowder</b> brown rice steamed carrots  kiwi
pm snack	apple zucchini muffin	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	pineapple tortilla crisps inf/tod: whole wheat pita tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers cream cheese	bell pepper inf: apple-mango-beet purée puffed rice square spinach-organic tofu dip
am snack	<b>8</b> organic crispy O's inf: organic blossoms milk	<b>9</b> pear inf: apple-banana purée honey yogurt inf: plain yogurt	<b>10</b> hard boiled egg brioche bite	<b>11</b> organic multigrain squares milk	<b>12</b> banana organic quinoa crunchies
lunch	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun green peas  orange	<b>provençal fish filet</b> <b>red pepper quiche</b> brown rice steamed carrots  apple	<b>black beans in salsa</b> quinoa sweet corn sour cream  applesauce	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad  diced melon	<b>vegetarian pasta bake</b> romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée  apple
pm snack	apple oatmeal cookie inf: zucchini muffin milk	<b>mini pizza</b> whole wheat focaccia marinara sauce shredded cheddar	<b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	cucumber folded basil loaf dilly dip	cheddar or mozzarella cheese cracked wheat crackers

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch



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am snack	<b>15</b> pear inf: apple-banana purée blueberry-lemon loaf	<b>16</b> granola inf: organic multigrain squares milk	<b>17</b> apple whole wheat raisin bread organic blueberry fruit spread	<b>18</b> organic blossoms milk	<b>19</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt blueberry sauce banana
lunch	<b>roasted chicken w/groovy gravy</b> <b>white bean curry</b> brown rice green peas	<b>lentil bolognese</b> whole grain pasta steamed carrots	<b>carrot &amp; flax fish spinach quiche</b> onion bread green beans inf: steamed green beans	<b>chicken fricassée</b> <b>texan kidney beans</b> quinoa mini broccoli	<b>beef &amp; bean chili</b> <b>chili chili</b> <b>bang bang</b> whole wheat garlic baguette brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack	apple baby carrots inf/tod: steamed carrots cracked wheat crackers beany basil dip	pear inf: spinach-coconut purée melon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain rocket bun avocado bean guacamole	apple pear inf: apple-banana purée whole wheat pita dill soft cheese	kiwi cucumber sundried tomato pasta salad
am snack	<b>22</b> 	<b>23</b> organic multigrain squares milk	<b>24</b> applesauce granola pucks	<b>25</b> pineapple melon & orange organic quinoa crunchies	<b>26</b> organic crispy O's inf: organic blossoms milk
lunch	<b>Victoria Day</b> 	<b>sunshine dahl</b> brown rice green peas & carrots	<b>marinara beef meatballs</b> <b>marinara falafel bites</b> whole grain pasta steamed carrots	<b>chicken sandwich</b> <b>madagascar chicken</b> <b>curried lentils</b> multigrain pita bun coleslaw inf: blended coleslaw	<b>mac'n cheese</b> green peas
pm snack	apple orange apple-cinnamon snacking round	apple pear inf: spinach-coconut purée cracked wheat crackers cocoa chic'pea spread	banana pear inf: spinach-coconut purée cracked wheat crackers cocoa chic'pea spread	apple cucumber focaccia slice cream cheese	kiwi banana brioche bite

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# may 2023 menu



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am snack	<b>29</b> organic blossoms milk	<b>30</b> apple cranberry-orange morning round	<b>31</b> organic multigrain squares milk	<b>1</b> pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	<b>2</b> <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	<b>sri lankan chicken</b> <b>white bean curry</b> red & white quinoa sweet corn  strawberry sauce	<b>trinidadian curry beef</b> <b>trinidadian curry tofu</b> brown & red rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot- coconut purée  banana	<b>meteorite wrap</b> <b>chickpea crusted</b> <b>chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce ranch dressing w/organic tofu inf: sweet potato-carrot purée	<b>egg salad</b> whole wheat pita squash-coconut soup  apple	<b>chickpea chowder</b> wheat bun steamed carrots  kiwi
pm snack	apple zucchini muffin	<b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple tortilla crisps inf/tod: multigrain thins tomato salsa	baby carrots inf/tod: roasted sweet potato cracked wheat crackers red pepper hummus	bell pepper inf: apple-mango-beet purée pita crackers inf/tod: multigrain rocket bun spinach-organic tofu dip

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## Responsibility & sustainability have never tasted so good.



### We are so happy to announce RFRK's partnership with Yorkshire Valley Farms!

Our menus now proudly feature YVF's Ontario-raised organic chicken in nearly every chicken recipe!

These local farmers go above and beyond in their commitment to responsible & sustainable practices. Chickens are never fed any animal byproducts, eat organically grown grain, are raised without antibiotics, live in free-range barns and get seasonal access to organically managed pastureland.

Everyone who comes into contact with the birds is trained in humane animal handling practices.

To learn more about Yorkshire Valley Farms visit [yorkshirevalley.com](http://yorkshirevalley.com)