

fuelling healthy futures™



mac'n cheese

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	5 Civic Holiday 	6 applesauce raisin & seed oatie	7 apple whole wheat raisin bread apple butter	8 organic blossoms milk	9 banana vanilla maple yogurt inf: plain yogurt
lunch		 bolognese w/organic tofu whole grain penne green peas	 carrot & flax fish spinach quiche onion bread mini broccoli	 chicken fricassée texan kidney beans quinoa sweet corn	 chickpea chowder wheat bun brocco-kale mix apple cider vinaigrette inf: pumpkin-red lentil purée
pm snack		apple cheddar cheese w/onion & garlic cracked wheat crackers 	banana baby carrots inf/tod: kiwi pita crackers inf/tod: brown rice cakes beany basil dip	pear inf: apple-banana purée apple cocoa-zucchini loaf	apple cucumber organic crispbread crackers dill soft cheese
am snack	12 organic multigrain squares milk	13 applesauce cheddar or mozzarella cheese	14 orange raisin & seed oatie	15 pineapple muesli morning round	16 organic super O's cereal milk
lunch	 sunshine dahl quinoa green peas & carrots cucumber raita	 masala fish mushroom quiche focaccia slice 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
pm snack	apple egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	strawberries pear inf: apple-mango-beet purée whole wheat pita cocoa chic'pea spread	banana baby carrots inf/tod: kiwi brown rice cakes hummus	orange tomato bruschetta folded basil loaf	apple banana cracked wheat crackers cream cheese

 = herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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am snack	19 organic blossoms milk	20 kiwi cranberry-orange morning round	21 organic multigrain squares milk	22 pear inf: orange apple beet loaf	23 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu whole wheat roll sweet corn	white bean curry basamti rice mini broccoli	meteorite wrap chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain rocket bun crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	filipino beef giniling chili chili bang bang brown & red rice green beans inf: steamed green beans	paprika chicken curried lentils onion bread cucumber
pm snack	apple baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	banana yogurt parfait honey yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple orange tortilla crisps inf/tod: brown rice cakes tomato salsa	stone fruit applesauce cinnamon bun snacking rounds	mini watermelon bell pepper inf: pumpkin-red lentil purée brown rice cakes spinach-organic tofu dip
am snack	26 organic super O's cereal milk	27 applesauce muesli morning round	28 hard boiled egg brioche bite	29 apple apple pie snacking rounds	30 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole wheat pita green peas	provençal fish filet red pepper quiche brown rice steamed carrots	bean burrito black beans in salsa whole wheat wrap inf: multigrain rocket bun sweet corn sour cream	beef burger chickpea patty multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	orange apple oatmeal cookie inf: mini moon biscuit milk	banana mini pizza frena bun marinara sauce shredded cheddar	pear inf: apple-banana purée stone fruit cheddar bites	orange cucumber chickpea crisps inf/tod: whole wheat pita dilly dip	apple banana roll up whole wheat wrap inf: plain yogurt sunbutter* banana

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* YMCA centres will receive cream cheese

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