



white bean curry

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

# november 2023 menu

|                 | monday  | tuesday  | wednesday   | thursday  | friday  |
|-----------------|---|--|---|---|---|
| <b>am snack</b> | <b>6</b><br>organic multigrain squares<br>milk  | <b>7</b><br>pear<br>inf: apple-banana purée<br>cranberry-orange morning round  | <b>8</b><br>applesauce<br>granola pucks   | <b>9</b><br>diced melon<br>cheddar or mozzarella cheese   | <b>10</b><br>organic crispy O's cereal<br>inf: organic blossoms milk  |
| <b>lunch</b>    | <b>sunshine dahl</b><br>brown rice<br>green peas & carrots  | <b>masala fish mushroom quiche</b><br>sweet potato mash<br>veggie rainbow<br>inf: mini broccoli                            | <b>marinara beef meatballs</b><br><b>marinara falafel bites</b><br>whole grain elbows<br>green beans<br>inf: steamed green beans  | <b>chicken fajita curried lentils</b><br>whole wheat wrap<br>inf: multigrain rocket bun<br>coleslaw<br>inf: blended coleslaw                                  | <b>mac'n cheese</b><br>red cabbage & spinach salad<br>maple samurai vinaigrette<br>inf: sweet potato-carrot purée   |
| <b>pm snack</b> | pineapple<br><b>egg salad wrap</b><br>whole wheat wrap<br>inf: multigrain rocket bun<br>hard boiled egg<br>ranch dressing<br>w/organic tofu | orange<br>apple<br>puffed rice round<br>cocoa chic'pea spread  | banana<br>baby carrots,<br>broccoli & cauliflower<br>inf/tod: cucumber<br>cracked wheat crackers<br>red pepper hummus   | pear<br>inf: apple-banana purée<br>tomato bruschetta<br>folded basil loaf   | apple<br>banana<br>whole wheat blueberry scone  |
| <b>am snack</b> | <b>13</b><br>organic blossoms milk  | <b>14</b><br><b>diwali mango lassi</b><br>vanilla maple yogurt<br>inf: plain yogurt<br>mango sauce<br>muesli morning round | <b>15</b><br>organic multigrain squares<br>milk   | <b>16</b><br>pear<br>inf: orange<br>whole wheat mini bagel<br>maple soft cheese   | <b>17</b><br><b>banana roll up</b><br>whole wheat wrap<br>inf: multigrain rocket bun<br>apple butter<br>banana  |
| <b>lunch</b>    | <b>white bean curry</b><br>brown & red rice<br>sweet corn   | <b>beef &amp; bean chili chili bang bang</b><br>quinoa<br>mini broccoli  | <b>meteorite wrap chickpea crusted chicken meteorites chickpea patty</b><br>whole wheat wrap<br>inf: multigrain rocket bun<br>napa cabbage & spinach salad<br>caesar dressing<br>w/organic tofu<br>inf: sweet potato-carrot purée | <b>soup &amp; sammy hummus &amp; cheddar cheese slice</b><br>multigrain pita bun<br>crisp lettuce garnish<br>garnish not for infants<br>squash & coconut soup | <b>trinidadian curry beef trinidadian curry tofu</b><br>whole wheat pita<br>baby spinach,<br>beet & carrot matchsticks<br>creamy parsley-lemon dressing<br>inf: sweet potato-carrot purée |
| <b>pm snack</b> | pear<br>inf: apple-banana purée<br>apple<br>zucchini muffin   | apple<br>orange<br>brioche bite  | banana<br>strawberries<br>tortilla crisps<br>inf/tod: puffed rice round<br>avocado bean guacamole   | apple<br>baby carrots<br>inf/tod: cucumber<br>cracked wheat crackers<br>beany basil dip   | orange<br>bell pepper<br>inf: apple-mango-beet purée<br>organic crispbread crackers<br>spinach-organic tofu dip   |

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

fuelling healthy futures™



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|----------|--|--|--|--|--|
| am snack | <b>20</b><br>organic crispy O's cereal<br>inf: organic blossoms milk         | <b>21</b><br>apple cranberry-orange morning round                              | <b>22</b><br>hard boiled egg brioche bite  | <b>23</b><br>honey yogurt<br>inf: apple-banana purée<br>organic strawberry granola   | <b>24</b><br>organic multigrain squares milk   |
| lunch    | <b>pollo cacciatore lentil bolognese</b><br>whole grain penne<br>green peas  | <b>provençal fish filet red pepper quiche</b><br>brown rice<br>steamed carrots | <b>bean burrito bean burrito filling</b><br>whole wheat wrap<br>inf: multigrain rocket bun<br>sweet corn<br>sour cream | <b>beef burger chickpea patty</b><br>multigrain pita bun<br>real food ketchup<br>beet & carrot salad<br>inf: blended beet & carrot salad | <b>mac'n cheese</b><br>baby romaine<br>caesar dressing w/organic tofu<br>inf: sweet potato-carrot purée                          |
| pm snack | pear<br>inf: apple-banana purée  | banana   | applesauce   | orange   | apple  |
| pm snack | apple ginger cookie<br>inf: carrot muffin milk                               | <b>mini pizza</b><br>frena bun<br>marinara sauce<br>shredded cheddar           | crunchy green beans & baby carrots<br>inf/tod: steamed green beans<br>cheddar or mozzarella cheese                     | cucumber chickpea crisps<br>inf/tod: cracked wheat crackers<br>dilly dip   | <b>banana roll up</b><br>whole wheat wrap<br>inf: plain yogurt<br>cocoa chic'pea spread<br>banana                                |
| am snack | <b>27</b><br>orange pumpkin loaf   | <b>28</b><br>granola<br>inf: organic multigrain squares milk                   | <b>29</b><br>apple whole wheat raisin bread<br>organic blueberry fruit spread  | <b>30</b><br>organic blossoms milk   | <b>1</b><br><b>super smoothie</b><br>vanilla maple yogurt<br>inf: plain yogurt<br>strawberry sauce<br>banana                     |
| lunch    | <b>white bean curry</b><br>brown rice<br>green peas                          | <b>beef bolognese lentil bolognese</b><br>whole grain penne<br>steamed carrots | <b>carrot &amp; flax fish spinach quiche</b><br>onion bread<br>green beans<br>inf: steamed green beans                 | <b>chicken &amp; wild rice stew lentil &amp; mushroom stew</b><br>quinoa<br>coleslaw<br>inf: blended coleslaw                            | <b>chili chili bang bang</b><br>brown & red rice<br>brocco-kale mix<br>apple cider vinaigrette<br>inf: sweet potato-carrot purée |
| pm snack | apple  | orange   | banana   | pear<br>inf: apple-banana purée  | apple  |
| pm snack | baby carrots<br>inf/tod: steamed carrots<br>cracked wheat crackers<br>hummus | melon<br>crunchy trail mix<br>inf: carrot muffin                               | pita crackers<br>inf/tod: puffed rice round<br>cheddar or mozzarella cheese  | apple<br>cinnamon-raisin snacking round  | cucumber<br>whole wheat pita<br>dill soft cheese   |

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