

fuelling healthy futures™



gong bao chicken

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 organic blossoms milk	6 orange cranberry-orange morning round	7 organic multigrain squares milk	8 applesauce date-oat loaf	9 banana roll up whole wheat wrap inf: multigrain rocket bun apple butter banana
lunch	caldereida fish sweet & sour sauce w/organic tofu brown & red rice sweet corn	white bean curry quinoa green peas & carrots	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	beef & bean chili chili chili bang bang yellow rice green beans inf: steamed green beans	lunar new year lunch gong bao chicken gong bao tofu basmati rice mini broccoli  clementine
pm snack	apple baby carrots inf/tod: steamed carrots whole wheat pita hummus	banana yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	apple orange tortilla crisps inf/tod: brown rice cakes tomato salsa	orange pear inf: apple-banana purée cracked wheat crackers maple soft cheese	cucumber, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes spinach-organic tofu dip
am snack	12 organic crispy O's cereal inf: organic blossoms milk	13 melon müesli morning round	14 orange brioche bite	15 organic multigrain squares milk	16 pear inf: applesauce cheddar or mozzarella cheese
lunch	mexican beef burrito filling bean burrito filling whole wheat wrap inf: multigrain rocket bun green peas	provençal fish filet red pepper quiche sweet potato mash 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	tomato spinach-frijoles wheat bun napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée
pm snack	mango sauce apple chocolate chip cookie inf: carrot muffin milk	apple mini pizza frena bun marinara sauce shredded cheddar	pear inf: apple-banana purée valentine parfait vanilla maple yogurt inf: plain yogurt cocoa chic'pea spread strawberries	bell pepper inf: apple-mango-beet purée chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana apple cinnamon bun snacking rounds

= herbivore protein inf/tod = infant/toddler substitute

milk or water offered at lunch

fuelling healthy futures™



gong bao chicken

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

february 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	19	20	21	22	23
lunch	Family Day	bolognese w/organic tofu whole grain penne green peas & carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	lentil shepherd's pie mini broccoli	filipino beef giniling chili chili bang bang brown & red rice brocco-kale mix balsamic dressing inf: pumpkin-red lentil purée
pm snack	Family Day	pear inf: apple-banana purée	apple	orange	apple
am snack	26	27	28	29	1
lunch	organic multigrain squares milk	masala fish mushroom quiche red & white quinoa veggie rainbow inf: mini broccoli	marinara beef meatballs marinara falafel bites whole grain elbows steamed carrots	chicken fajita curried lentils whole wheat wrap inf: roasted sweet potato coleslaw inf: blended coleslaw sour cream	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple cracked wheat crackers cocoa chic'pea spread	apple cracked wheat crackers cocoa chic'pea spread	banana baby carrots inf/tod: cucumber brown rice cakes hummus	apple banana whole wheat pita sunbutter*

= herbivore protein inf/tod = infant/toddler substitute
* YMCA centres will receive cream cheese

milk or water offered at lunch