

fuelling healthy futures™



tomato-spinach frijoles

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

# april 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	<b>1</b> organic blossoms milk	<b>2</b> apple brioche bite	<b>3</b> organic multigrain squares milk	<b>4</b> pear inf: orange 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> quinoa sweet corn  strawberry sauce	<b>garbanzo bean tajine</b> brown rice mini broccoli  orange	<b>beef &amp; bean chili chili bang bang</b> whole wheat pita crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée  banana	<b>soup &amp; sammy hummus &amp; cheddar cheese slice</b> multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup  apple	<b>trinidadian curry beef trinidadian curry tofu</b> brown & red rice napa cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée  orange
pm snack	orange cranberry-orange morning round	vanilla maple yogurt inf: plain yogurt gluten free oat & quinoa cocoa bar inf: apple pie snacking rounds	apple tortilla crisps inf/tod: brown rice cakes tomato salsa	crunchy green beans & baby carrots inf/tod: roasted sweet potato cracked wheat crackers spinach-organic tofu dip	bell pepper inf: cucumber brown rice cakes cream cheese
am snack	<b>8</b> organic super O's cereal milk	<b>9</b> apple müesli morning round	<b>10</b> hard boiled egg brioche bite	<b>11</b> organic multigrain squares milk	<b>12</b> <b>yogurt parfait</b> honey yogurt inf: plain yogurt organic strawberry granola
lunch	<b>mexican beef burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: multigrain rocket bun green peas & carrots  pear inf: apple-banana purée	<b>provençal fish filet red pepper quiche</b> brown rice steamed carrots  orange	<b>burrito bowl black beans in salsa</b> quinoa sweet corn sour cream  apple	<b>beef burger chickpea patty</b> multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad  banana	<b>vegetarian pasta bake</b> beet & carrot matchsticks baby spinach caesar dressing w/organic tofu inf: sweet potato-carrot purée  apple
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk <b>new!</b>	<b>mini pizza</b> frena bun marinara sauce shredded cheddar	<b>banana roll up</b> whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana	cucumber chickpea crisps inf/tod: cracked wheat crackers 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> orange apple cinnamon loaf <small>new!</small>	<b>16</b> granola inf: organic blossoms milk	<b>17</b> orange whole wheat raisin bread apple butter	<b>18</b> organic blossoms milk	<b>19</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt mango sauce banana
lunch	<b>groovy organic chicken meatballs</b> <b>groovy falafel bites</b> quinoa green peas	<b>bolognese w/organic tofu</b> whole grain elbows steamed carrots	<b>carrot &amp; flax fish spinach quiche</b> whole wheat pita green beans inf: steamed green beans	<b>lentil shepherd's pie</b> mini broccoli	<b>beef &amp; bean chili chili chili bang bang</b> onion bread brocco-kale mix balsamic dressing inf: apple-mango-beet purée
pm snack	pear inf: apple-banana purée	banana	apple	orange	apple
am snack	baby carrots inf/tod: soft carrots whole wheat pita hummus	melon apple pie snacking rounds	mini tomatoes inf/tod: kiwi pita crackers inf/tod: multigrain rocket bun avocado bean guacamole	pear inf: pumpkin-red lentil purée cracked wheat crackers dill soft cheese	cucumber brown rice cakes beany basil dip
am snack	<b>22</b> organic multigrain squares milk	<b>23</b> kiwi apple-cinnamon morning round	<b>24</b> applesauce raisin & seed oatie	<b>25</b> apple cheddar or mozzarella cheese	<b>26</b> organic super O's cereal milk
lunch	<b>earth day meal</b> <b>tomato-spinach frijoles</b> red & white quinoa green peas & carrots	<b>masala fish mushroom quiche</b> basmati rice veggie rainbow inf: mini broccoli	<b>beef bolognese lentil bolognese</b> whole grain penne steamed carrots	<b>chicken fajita curried lentils</b> whole wheat wrap inf: roasted sweet potato coleslaw inf: blended coleslaw sour cream	<b>mac'n cheese</b> baby romaine maple samurai vinaigrette inf: sweet potato-carrot purée
pm snack	pineapple	banana	orange	pear inf: apple-banana purée	apple
pm snack	<b>egg salad wrap</b> whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	apple whole wheat pita cocoa chic'pea spread	apple baby carrots, broccoli & cauliflower inf/tod: cucumber cracked wheat crackers red pepper hummus	pear greek salad inf: pumpkin-red lentil purée folded basil loaf	banana brown rice cakes sunflower butter*

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

milk or water offered at lunch