

fuelling healthy futures™



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 or raised without antibiotics 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

lunch 1

# december 2024 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 organic multigrain squares milk	3 apple cheddar bites	4 applesauce apple pie snacking rounds	5 pineapple, melon & orange organic quinoa crunchies	6 organic super O's cereal milk
lunch	🌿 <b>sunshine dahl</b> brown rice green peas & carrots cucumber raita  pear inf: apple-banana purée	🌿 <b>masala fish mushroom quiche</b> wheat bun veggie rainbow inf: mini broccoli	🌿 <b>marinara beef meatballs</b> 🌿 <b>marinara falafel bites</b> whole grain penne steamed carrots	🌿 <b>chicken fajita curried lentils</b> whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw sour cream	🌿 <b>mac'n cheese</b> red cabbage & spinach salad maple samurai vinaigrette inf: pumpkin-red lentil purée
pm snack	apple cracked wheat crackers cocoa chic'pea spread	<b>egg salad wrap</b> whole wheat wrap inf: whole wheat pita hard boiled egg ranch dressing w/organic tofu	baby carrots inf/tod: cucumber brown rice cakes roasted garlic hummus	tomato bruschetta roasted red pepper loaf	banana whole wheat mini bagel sunbutter*
am snack	9 go bananas cereal milk	10 orange cranberry-orange morning round	11 organic multigrain squares milk	12 applesauce apple cinnamon loaf	13 <b>banana roll up</b> whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	🌿 <b>caldereida fish sweet &amp; sour sauce w/organic tofu</b> brown rice sweet corn  apple	🌿 <b>white bean curry</b> focaccia slice mini broccoli  kiwi	<b>chicken caesar bowl chickpea crusted chicken meteorites</b> 🌿 <b>falafel bites</b> basmati rice crisp lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>trinidadian curry beef</b> 🌿 <b>trinidadian curry tofu</b> onion bread green beans inf: steamed green beans	🌿 <b>vegetarian pasta bake</b> cucumber  apple
pm snack	baby carrots inf/tod: soft carrots brioche bite red pepper hummus	<b>yogurt parfait</b> honey yogurt inf: plain yogurt cinnamon granola inf: apple-mango-beet purée	pineapple tortilla crisps inf/tod: multigrain rocket bun tomato salsa	apple cracked wheat crackers maple soft cheese	baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes spinach-organic tofu dip

🌿 = herbivore protein inf/tod = infant/toddler substitute

\* YMCA centres will receive cream cheese

milk and/or water are offered at meals and snacks

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am snack	<b>16</b> go bananas cereal milk	<b>17</b> melon organic quinoa crunchies	<b>18</b> hard boiled egg brioche bite	<b>19</b> organic multigrain squares milk	<b>20</b> apple vanilla maple yogurt inf: organic quinoa crunchies
lunch	<b>beef burrito</b> <b>mexican beef burrito filling</b> bean burrito filling whole wheat wrap inf: multigrain pocket bun green peas  strawberry sauce	<b>provençal fish filet</b> <b>red pepper quiche</b> basmati rice steamed carrots  orange	<b>black bean pocket</b> <b>black beans in salsa</b> multigrain pocket bun sweet corn sour cream  apple	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad  diced melon	<b>vegetarian pasta bake</b> napa cabbage & spinach salad creamy parsley-lemon dressing inf: sweet potato-carrot purée  banana
pm snack	apple chocolate chip cookie inf: mini moon biscuit milk	<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	pear inf: apple-banana purée chickpea crisps inf/tod: cracked wheat crackers red pepper hummus	orange cinnamon bun snacking rounds
am snack	<b>23</b> orange apple-cinnamon morning round	<b>24</b> cinnamon granola inf: organic multigrain squares milk	<b>25</b> <b>26</b> 		<b>27</b> <b>super smoothie</b> vanilla maple yogurt inf: plain yogurt strawberry purée apple
lunch	<b>beef bolognese</b> <b>lentil bolognese</b> whole grain penne green peas  apple	<b>festive feast</b> <b>roasted chicken w/groovy gravy</b> <b>white bean curry</b> potato mash steamed carrots  banana			<b>chickpea chowder</b> brown rice green peas & carrots  pear inf: apple-banana purée
pm snack	baby carrots inf/tod: cucumber cracked wheat crackers beany basil dip	<b>holiday treat</b> gingerbread kids inf: mini moon biscuit melon milk			cheddar or mozzarella cheese brown rice cakes

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