

fuelling healthy futures™



beef & bean chili

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

october 2023 menu

	monday	tuesday	wednesday	thursday	friday
am snack	2 orange pumpkin loaf	3 granola inf: organic multigrain squares milk	4 apple organic blueberry fruit spread whole wheat raisin bread	5 organic blossoms milk	6 super smoothie vanilla maple yogurt inf: plain yogurt blueberry sauce banana
lunch	beef & bean chili chili chili bang bang quinoa green peas & carrots	🌿 bolognese w/organic tofu whole grain pasta steamed carrots	🌿 carrot & flax fish spinach quiche onion bread bell pepper inf: apple-mango-beet purée	chicken & wild rice stew 🌿 lentil & mushroom stew brown rice mini broccoli	friendsgiving feast groovy organic chicken meatballs 🌿 groovy falafel bites whole wheat pita green beans inf: steamed green beans
pm snack	apple baby carrots inf/tod: steamed carrots cracked wheat crackers hummus	orange melon crunchy trail mix inf: organic quinoa crunchies	banana mini tomatoes inf/tod: kiwi pita crackers inf/tod: puffed rice round tomato salsa	pear inf: sweet potato-carrot purée apple cinnamon-raisin snacking round	apple cucumber puffed rice round beany basil dip
am snack	9 Happy Thanksgiving 🍵	10 applesauce organic quinoa crunchies	11 apple granola pucks	12 apple slices organic quinoa crunchies	13 organic crispy O's inf: organic blossoms milk
lunch	Happy Thanksgiving 🍵	🌿 sunshine dahl whole wheat pita green peas & carrots	🌿 beef bolognese lentil bolognese whole grain pasta 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: sweet potato-carrot purée
pm snack	cheddar or mozzarella cheese puffed rice round	orange cheddar or mozzarella cheese puffed rice round	banana applesauce cinnamon-raisin snacking round	pear inf: apple-banana purée orange whole wheat blueberry scone	apple banana cracked wheat crackers sunbutter*

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

milk or water offered at lunch

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am snack	16 organic blossoms milk	17 orange muesli morning round 	18 organic crispy O's inf: organic multigrain squares milk	19 pear inf: apple-banana purée whole wheat mini bagel maple soft cheese	20 banana roll up whole wheat wrap inf: organic quinoa crunchies apple butter banana
lunch	sri lankan chicken white bean curry brown & red rice sweet corn pear inf: apple-banana purée	chickpea chowder quinoa mini broccoli apple	beef & bean chili chili chili bang bang focaccia slice napa cabbage & spinach salad caesar dressing w/organic tofu inf: sweet potato-carrot purée banana	soup & sammy hummus & cheddar cheese slice multigrain pita bun crisp lettuce garnish garnish not for infants squash & coconut soup apple	trinidadian curry beef trinidadian curry tofu basmati rice baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: apple-mango-beet purée orange
pm snack	apple carrot muffin	yogurt parfait vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	orange tortilla crisps inf: puffed rice round avocado bean guacamole	baby carrots inf/tod: roasted sweet potato cracked wheat crackers beany basil dip	bell pepper inf: cucumber puffed rice round spinach-organic tofu dip
am snack	23 organic crispy O's inf: organic blossoms milk	24 apple cranberry-orange morning round	25 hard boiled egg brioche bite	26 honey yogurt inf: apple-banana purée organic quinoa crunchies	27 organic multigrain squares milk
lunch	pollo cacciatore lentil bolognese whole grain pasta green peas pear inf: apple-banana purée	provençal fish filet red pepper quiche brown rice steamed carrots banana	bean burrito bean burrito filling whole wheat wrap inf: multigrain rocket bun sweet corn sour cream applesauce	beef burger chickpea patty multigrain pita bun real food ketchup beet & carrot salad inf: blended beet & carrot salad diced melon	tuna & salmon pasta bake tomato-lentil sauce w/rice pasta baby romaine caesar dressing w/organic tofu inf: sweet potato-carrot purée apple
pm snack	apple mini organic lemon cookies inf: banana muffin milk	mini pizza frena bun marinara sauce shredded cheddar	crunchy green beans & baby carrots inf/tod: steamed green beans cheddar bites	cucumber chickpea crisps inf/tod: cracked wheat crackers dilly dip	banana roll up whole wheat wrap inf: plain yogurt cocoa chic'pea spread banana

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am snack	30 orange pumpkin loaf	31 granola inf: organic multigrain squares milk	1 apple organic blueberry fruit spread whole wheat raisin bread	2 organic blossoms milk	3 super smoothie vanilla maple yogurt inf: plain yogurt mango sauce banana
lunch	groovy organic chicken meatballs groovy falafel bites potato mash green peas	bolognese w/organic tofu whole grain pasta steamed carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	chicken & wild rice stew lentil & mushroom stew quinoa bell pepper inf: apple-mango-beet purée	beef & bean chili chili chili bang bang brown & red rice brocco-kale mix apple cider vinaigrette inf: sweet potato-carrot purée
pm snack	apple baby carrots inf: steamed carrots cracked wheat crackers hummus	orange halloween snack spookie cookie 🎃 inf: banana muffin melon milk	banana mini tomatoes inf/tod: kiwi pita crackers inf/tod: puffed rice round tomato salsa	pear inf: apple-banana purée apple cinnamon-raisin snacking round	apple cucumber basil pesto pasta salad

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Win \$500* with our Real Food My Way Contest!



In honour of **Child Care Worker & Early Childhood Educator Appreciation Day** on October 17th, we're celebrating the diversity of this community with our Real Food My Way Contest!

Between October 11th - 22nd, like & share our contest post on Instagram or Facebook @realfoodforrealkids and tell us about your favourite recipe, dish or meal with personal significance from your life for your chance to **win a \$500 *gift card!**

More details will land in your inbox & delivery bins soon.